WHAT TO GET FOR BREAKFAST

MISS COLBRATH

Maria Parlow

No 8009.230

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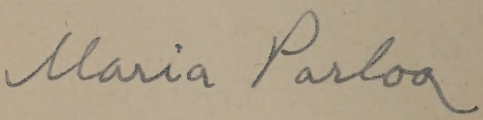
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BREAKFAST REPERTORY.

WHAT TO GET FOR BREAKFAST:

WITH MORE THAN

ONE HUNDRED DIFFERENT BREAKFASTS,

AND

FULL DIRECTIONS FOR EACH.

BY

M. TARBOX COLBRATH.

INTERLEAVED.

FOURTH EDITION.

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TO

HOUSEKEEPERS.

M. T. C.

PREFACE.

THE writer sends this Breakfast Repertory on its mission with the earnest hope that it may aid housekeepers in answering that oft-repeated question —

WHAT SHALL WE HAVE FOR BREAKFAST?

Every little while the good housekeeper gets into inextricable difficulties with this vexed question, and what to get for this meal seems to embarrass her more than to arrange for two or three dinners. Knowing that this general complaint of breakfast difficulties exists, the writer hopes to succeed in producing a directory that will help these perplexities of the most important meal of the day, and suggest over one hundred practical breakfast bills of fare, adapted to various persons and circumstances.

To the young housekeeper who has entered upon her new duties without experience; to those whose breakfasts are stereotyped after one fashion, and of which they heartily tire, these suggestions may prove of service. I have endeavored to make each plan so plain that a novice can work with certainty of success.

Besides furnishing this extensive collection of breakfast fares, the writer aims to convince housekeepers of the evil effects of neglecting this meal; also, of the benefits resulting from a warm and nutritious breakfast.

Each breakfast I have endeavored to suggest on common-sense principles; have made nourishment the chief aim of eating; have avoided provoking the appetite beyond nature; have ignored nothing but what is absolutely unfriendly to health, and have advised each fare in a practical manner, so that the stomach may not be offended.

I have aimed to inspire a respect for made-over dishes, which are sometimes so convenient for this meal, but which are served by many housekeepers in such an indifferent manner that the stomach takes offence, but which by patience and skill can be made appetizing.

My motto will be, never to attempt too much, but ever bear in mind that it is not the multiplicity of dishes, but the excellent and life-giving qualities of a breakfast that vitally concern a family; that a few wholesome and well-cooked dishes are more satisfying, and preferable to many indifferently cooked.

Only home-made food will be patronized, as it is of vital importance that every article of food introduced at the table should be pure; and to avoid hurtful admixtures, a personal inspection of its preparation is important, else we know not what we eat in this age of adulteration.

A rigid adherence to the combination of each fare is not urged, but to deviate as circumstances dictate, and from each one to contrive and invent for yourselves as convenience requires, yet making it a matter of study to serve together dishes which are especially suited to each other. Be assured you will derive much benefit from the experience of combining and contriving for yourselves.

To have your favorite breakfasts in memorandum is sometimes a great convenience in cases of absence, sickness, or otherwise. For recording them each division is interleaved.

No directory for the morning meal has yet been published, so far as the writer has yet been able to investigate, consequently she trusts this offering will be gladly received.

SECTION I.

WHAT TO GET FOR BREAKFAST.

I.

I. REASONS FOR A GOOD BREAKFAST.

I OFFER the opinion of an experienced and successful physician, whose protection I shared at an early age, and by whom I was scrupulously restricted from early morning walks, before breakfast, — a custom then among juveniles, it being the prevailing opinion that the early morning air was the healthiest, most bracing, and purest. He did not agree with the boarding-school theory which prescribed long walks before breakfast as a means of promoting health, — but ever argued the contrary as the fact, — that languor and exhaustion were sure to follow such exercise, especially when taken by persons of delicate organization or those liable to sudden colds. Assured that many consumptions and other diseases were contracted from the exposure of an empty stomach to the damp and poisonous influence of the morning air, he ever counselled those whose vocation called them

out early to first brace up the stomach with a warm and nourishing breakfast, for at no period of the day was the air more tainted than at sunrise, in which it was a dangerous risk to take much exercise before the stomach had been fortified with a warm breakfast.

Breakfast, coming after the longest fast in the twenty-four hours, should supply the great waste that goes on from supper till dinner. In this country this meal consists frequently of tea, coffee, and a small proportion of bread and butter. This is not enough for those who need a breakfast for muscular exertion or real activity. It does not give the strength that is needed to last until dinner, and the system is sure to suffer. It only allays the appetite, and is insufficient for the supply of bodily waste during the long interval between supper and dinner, — perhaps a late one. As in pecuniary matters, when the outlay of the body exceeds the income, we may be sure the day of retribution will come, — that we shall sooner or later suffer.

Those who go to their calling early should not only be fed with a nutritious breakfast, but should be served in sufficient season, that they may not eat hurriedly or insufficiently. Should we allow our cattle or horses to start out for half a day

without being properly fed, we should stand a chance of hearing a remonstrance from philanthropists on "cruelty to animals." Can we work on a worthless breakfast more than they? We should fitly feed our hungriness, for energy and morality have a great deal to do with what we are fed.

A good breakfast is of vital importance to the temperance public. When our food sustains us properly, we do not have that "sinking feeling" which compels many to seek in the dram-shop that power which they ignorantly think can be obtained to give them the required strength to perform their work. We may be assured that real strength can be secured from the right kind of food and cookery, which means, in plain discourse, that a plenty of pure, nourishing, and well-cooked food will supply us with all the stimulation and strength we require, and are a safeguard against lager beer and whiskey. "Poor rations are demoralizing, and drive many to intemperance. When man does not get the stimulating nourishment which his nature craves, he becomes demoralized, and resorts to the dram-shop to supply the want of good and stimulating food."

II. WHAT ANIMAL FOOD TO EAT.

THE Bible's bill of animal food for man's diet is the best, purest, most delicate, and most popular that has ever been introduced, all civilized people, with few exceptions, living up to it (many unwittingly, though?). How fortunate that God decided the animal food question. He well knew what animal food was unsanitary, and quickly foresaw, that if man was left unrestrained in this matter, great confusion and fatal consequences would result. Had no danger existed, there would have been no need of an exact and imperative prohibition and allowance, wherein has been established more complete sanitary eating than physiologists could have effected for ages, had they been the author. Without this Bible restriction of animal food, it would have been no easy matter for them to convince man that he could not eat of any kind of flesh in the animal kingdom that pleased him.

That God intended for man to eat animal food is evident from the plain directions which He has given. His instructions are, that the animals to be eaten by him must be pure, and allows only

those for his diet that are fastidious eaters, and require for their subsistence clean and vegetable food, which makes their flesh pure, wholesome, delicate, refined, dainty, and easily digested.

Can any one fail to see the wisdom, carefulness, and hygiene in God's allowance of animal food for His people found in Lev. xi. and Deut. xiv.? Surely, He cares for our bodies as well as for our souls. For convenience, I copy hereinto the catalogues of wholesome and unwholesome animals recorded in the Bible.

Wholesome Animals.

"And the Lord spake unto Moses and Aaron, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. Whatsoever parteth the hoof, and is cloven-footed, and cheweth the cud among the beasts, that ye shall eat."

"These are the beasts which ye shall eat. The ox, the sheep, and the goat, the hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois, and every beast that parteth the hoof and cheweth the cud among the beasts, that shall ye eat."

"These shall ye eat of all that are in the waters.

Whatsoever hath scales and fins in the waters, in the seas, in the rivers, them shall ye eat."

There can be no doubt but this category of fish for food by Moses is the most wholesome. They are not very oily, but delicate and easily digested. The Great Naturalist's zoological marks so plainly discriminate the wholesome from the unwholesome animals, that the eye of the unlearned can readily make the distinction.

No general catalogue is given in the Bible for wholesome birds, yet the same principle is observed as for quadrupeds, — they must subsist on clean food. "Of all clean birds ye may freely eat."

Unwholesome Animals.

The Bible plainly teaches that the animals which the great Law-giver forbade man to eat are not clean eaters, but live on carrion and prey, eating their food in filth, which makes their flesh unwholesome and not fit for man's food.

"Nevertheless, ye shall not eat of them that chew the cud, or of them that divide the hoof, as the camel, because he cheweth the cud but divideth not the hoof, he is unclean unto you. And the hare and the coney, for they chew the cud, but divide not the hoof, therefore they are unclean

unto you. And the swine, though he divide the hoof, yet he cheweth not the cud, he is unclean unto you; ye shall not eat their flesh."

"Whatsoever hath no fins and scales, in the seas and in the rivers, of all that move in the waters, *and of any living thing which is in the waters*, they shall be an abomination unto you; ye shall not eat of their flesh."

Unwholesome Birds.

Carnivorous birds, as well as quadrupeds, are forbidden. "And these are they which ye shall have in abomination among the fowls, they shall not be eaten. The eagle, and the ossifrage, and the osprey, and the vulture, and the kite after his kind, and the owl, and the nighthawk, and the cuckoo, and the great and the little owl, and the swan, and the pelican, and the gier-eagle, and the stork, and the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon all four, shall be an abomination unto you."

Creeping Things.

"These also shall be unclean unto you among the creeping things that creep upon the earth. The weasel, and the mouse, and the tortoise after his kind, and the ferret, and the chameleon, and

the lizard, and the snail, and the mole, and every creeping thing that creepeth upon the earth, it shall not be eaten."

"This is the law of the beasts, and the fowl, and of every living thing that moveth in the waters, and of every creature that creepeth upon the earth."

The laws for animal food hold a very prominent part in the revelation given to Moses. Wonderfully few accessions have been made by succeeding generations to his list of edible animals, and with only a few exceptions his animal food laws have been kept by all subsequent civilized people. Only starvation would tempt a civilized man to accept a slice of turkey-buzzard, dog, cat, or horse (although the latter is one of the most fastidious feeders). These animals, with many others that shock the palate, were not any more forbidden, or held in greater aversion by Moses, than swine's flesh. Yet many of us, in this enlightened Christian age, in this triumphant civilization of the nineteenth century, are living in a senseless disregard of one of Moses' animal food laws, and of all the animals forbidden none have been so persistently eaten by Christians as swine's flesh!

To the reader it must be plain that swine were

no more forbidden by the law than other unwholesome animals, but that the greater sensation, then as now, was produced by the people's persistence in eating them. Their physical record now stands worse than ever, and if they were human, the popular anti-fat remedy would be at once advised. Surely, pork is now fearfully dangerous, and our latest medical advices agree with Moses, the law-giver, in disallowing it.

That good and faithful Physician, who is wiser than any of us, well understood the hygienic bearings of animal food, when He allowed only the flesh of those animals for man's diet that was the least trying to his stomach and health. From his hygienic meat laws we learn the general principles of diet, — that whatever we eat and drink should be pure and easy of digestion; likewise, that the safest way is to eat and drink on these Bible principles.

Although pork is largely used throughout all Christendom, yet I cannot judiciously give it a place in this breakfast directory. There will be no danger of starvation if it is dispensed with. The world is full of good things, so we can easily repudiate it. Just as good, and much more wholesome dishes can be gotten without it. No baked beans, *à la* New England, no pork sausage,

no lard, no "delicate cured hams," no frogs' legs, "because they taste like chicken," and no other animal food will be introduced, that is not included in Moses' catalogue of wholesome animal food.

Fats.

When God created the human stomach, He knew just what machinery to place in it, and there is no better evidence of the need of fat as food than that furnished by nature, which has provided the pancreatic juice for the special purpose of its digestion. For hundreds of years man could not divine how fat was digested. After much laborious study, he has lately found out that God planned the pancreas at the first for its digestion. The coarse sort of fats, such as train and goose oil, pork and lard, should be eschewed, being very trying to most stomachs. It is allowed by physicians that the delicate fats found in beef, mutton, fowl, eggs, butter, cheese, milk, and delicate fish afford all that is necessary to maintain the animal heat and working power of the body, ordinarily. These, too, should be used wisely — only what our wants require, it being a matter of individual peculiarity, some being able to digest more fat than others.

III. WINTER AND SUMMER BREAKFASTS.

The two great divisions of food are nitrogenous, or flesh-forming, and carbonaceous, or heat-giving. Sub-divisions are made by physiologists, but these two cover the ground sufficiently for this purpose. Fix in your mind that the nitrogenous articles of food produce blood and flesh, and that the non-nitrogenous or carbonized, produce heat, and you will have a key that will unlock many of the mysteries of diet. Our food contains more or less of these elements. Some have no nitrogen, some no carbon, and some both properties in various proportions.

Winter Breakfasts.

The three kinds or classes of food, the special office of which is to support animal heat and produce fat, are the oils, the sweets, and the starches, and these have little or no influence in promoting strength, muscle, or endurance. Fat is one of the most powerful agents in the production of animal heat.

From this we learn that the object of eating is to strengthen and keep us warm. Carbon, or

charcoal, when burned in our grates, gives out heat. When taken into the system, in the form of food, the burning process that it undergoes there gives to us a warmth which is called vital heat. It keeps up the fire of life. It is this which sustains human life, and it must be produced by the internal combustion of the carbonaceous elements of the food we eat. In vain would the softest seal-skin or blanket enwrap our bodies without that warmth which comes from within.

Consequently, the keener the cold weather, the more carbonized or heat-producing food we require to keep up the fire of life. On a sharp winter's morning, the breakfast we eat decides our efficiency for execution through the day. The heating material taken at supper has been appropriated during the night, and if the system is not supplied by a carbonaceous, as well as a nitrogenous breakfast, our whole being will be so badly influenced through the forenoon, that neither the dinner nor the supper will repair it; but when properly fed, with food containing both these elements, such as meats, grains, fats, sweets, and starch, our vital action will be sustained in full force, so that we can work vigorously for at least five hours before another reinforcement of strength

and warmth from food is needed. We all know that, so long as a person feels cold all through his body, no work is done to advantage. As the cold weather approaches, it is absolutely necessary that we gradually change the cooling breakfast of the hot weather to a more nutritious and heat-producing one — more meats, fats, sweets.

Summer Breakfasts.

Were we to pursue the plan of eating the heat-producing breakfasts in summer which we found beneficial to our well-being in winter, a highly feverish state of blood would be produced, and inflammatory diseases created. In the spring, a gradual change in the nature of diet is necessary. Less fats, sweets, and starch, as in fine flour, are needed. Continue the muscle-making food, such as the darker portion of grains, milk, lean meats, fowl, and fish. Fish contain a small proportion of heating power, and in summer are well adapted to the wants of the system. Banish from your breakfast buckwheat cakes and molasses. Use more of the entire product of the grain (except the hull). Use the early salads and cooling vegetables which succeed each other in their season. The delightful berry and melon, which contain no carbon at all, should be freely eaten at breakfast.

Those who pursue this plan feel no real loss of health, and find it far more agreeable than drugs and doctors' bills.

Physiologies are now plenty. They furnish us with a knowledge of the elements of the human body. Their tables, showing the nature or elements of both the animal and vegetable diet designed for the subsistence of man will give one a new sense of the relation of food to health.

IV. THE GENUINE BREAKFAST.

How pleasant those homes where genuine breakfasts are appreciated; where cooking morality is of importance, and the food is æsthetically prepared. Feeling assured of a satisfying bill of fare, with what cheerfulness the family respond to the news of the morning repast. Who can deny the comforts, luxury, and moral benefit of this meal in one's own cheerful breakfast-room, where the cutlets are sweet to the senses, the baked potatoes dainty and mealy, the biscuits of an ethereal nature; where the coffee is fragrant and delicate, and possessed of such charms that spirituous beverages have no temptation; where the cream comes safely from the cow to the pitcher; and where each dish brings health and pleasure.

Such a breakfast is absolutely perfect, because attractive, wholesome, nutritious, simple, and easily digested, leaving the stomach comfortable, the head so clear, the spirits so light, and the vital forces so supplied that amiable visages, clear financiering, speculation, and imagination are the speedy compensation. Beside, the stomach, when

in this beautiful condition, is a moral force; and if (as is sometimes said) many of the evils of the world are traceable to bad and scanty food, with this kind of breakfast one should not fail to be a better man or woman throughout the day.

V. THE COUNTERFEIT BREAKFAST.

A HOME without a good breakfast — how shall we describe it? Instead of the sunny courtesy with which a man comes to a faultless breakfast, he who has no assurance of a satisfying morning repast, comes like a man who has had bad news broken to him, and most likely with a "breach of peace" pictured on his face. Yet, if this man had the same assurance of an attractive breakfast of which the courteous one was confident, he might have excelled him in politeness.

Pity the sorrows of those who are not especially favored with a genuine breakfast, that stimulates the body, lightens the spirits, clears the thought, gives moral force, and recompenses by generally resisting the foes of life, for he who is badly and scantily fed in the morning has not the moral safeguard through the day of him who has been well fed at breakfast.

When so much depends on this meal, is it not surprising that so many treat it indifferently? A broiled beefsteak, a digestible breakfast-cake, a dainty baked potato, a clear cup of coffee, are especial wonders in many families, who have

never dreamed that a square and satisfying breakfast has much to do with the prosperity of humanity. In this enlightened republic, instead of breaking fast with a plenty of simple and nourishing food, how many begin the labors of the day with a scanty, unattractive, and indigestible breakfast, which exhausts instead of supplying the forces!

Bacon or pork served swimming in grease, — steak fried or broiled till the life has gone out of it, and consequently so tough and hard that one could eat and enjoy a side of leather about as easily, — cold potatoes warmed over in fat that suggests the longevity of both fat and the vessel in which it was preserved, — a hastened corn-cake so rank with soda that the stomach is made unhappy through the day, — a choice mutton-chop transformed beyond recognition, — muffins burned to a cinder, by forcing them with too hot an oven, — scrambled eggs, and griddle-cakes made leathery for want of promptness, — the coffee, alas! for that precious cup, that benefactor of mankind, so invaluable to many for its gentle stimulating powers, and especially designed for sustenance instead of dangerous wine, — this indispensable comfort so muddy and bitter that you cannot recognize its first principles; and to complete its transformation, the milk served in an unsanitary

pitcher! These are familiar breakfasts in many families.

Dangerous breakfasts these. They do not fitly feed hunger. The hungry body vainly tries to recuperate in its efforts to digest this wretchedly-cooked food not "convenient" for it, so that what might have been done had the food been rightly cooked, remains undone. Determination, application, and patience will enable one to serve a very different morning meal, with a little earlier rising, if necessary, for a breakfast gotten in "no time" usually drifts its own way.

There is much truth in those old proverbs which say that "necessity knows no law," and that "hunger will make a hungry monkey eat pepper." This land is flowing with *whiskey and lager*. He who has not been fitly fed at breakfast is unsafe, for before noon the inward craving is sure to make a demand, which must be satisfied; and the saloons become an easy resort for eking out a poor breakfast. A man disappointed in this meal can easily console his hunger with something to drink. Breakfast was insufficient to give him strength; he must have something to make up the want, and he foolishly believes he can quickly get it from a glass of

whiskey or beer, which gives him spasmodic strength for a brief time, but when the reaction comes leaves him worse off than ever. Is it not wise to teach that a breakfast unfailingly good, with all the elements that stimulate and nourish the body, has its moral as well as physical benefit?

SECTION II.

II.

MEASURES.

THE measures for this breakfast book are half-pint cups, tea and table spoons. As these vary in size, the safest way is to have one particular cup and spoon for cooking measures, which have been proved by a sure standard.

For a cupful the ordinary breakfast-cup is used, that holds half a pint.

Two cupfuls mean a pint.

A cupful means half a pint.

A teaspoonful means just rounding full and not heaped.

SODA AND SOUR MILK.

Great numbers who profusely use soda, for lightening bread, are ignorant of its nature, and not aware that it is ruinous to the human stomach when not neutralized by an acid. When the soda and acid are used in just the right proportions to neutralize each other, they are not considered injurious to health, provided they are pure.

In olden times sour milk was exclusively used for neutralizing soda. In later times cream-tartar

has been much used instead, as a greater convenience. At present it cannot be depended upon, on account of its adulteration; consequently, cautious people are falling back on sour milk again, feeling confident of its purity. Meantime, somehow, many have lost the knack of compounding soda and sour milk as accurately as their predecessors, who never used too much, neither too little soda, but always the right quantity. My mother's table was always furnished with some kind of sour-milk bread, which was invariably the same, — always just right.

AN OLD-SCHOOL HOUSEKEEPER

will tell you that this chemical operation should be performed with caution, demanding knowledge and care; also, that the safest way is to use smoothly-loppered or nicely soured milk instead of partly soured, the exact proportions being one teaspoon of soda to one pint of sour milk.

Should you have to resort to milk when only partly soured, the exact amount of soda now depends on the acidity of the milk, and you cannot so accurately proportion your soda as for nicely soured or loppered milk or cream-tartar, which is, or should be, always the same. The safest way now, is to add a part of the measure of cream-

tartar to your milk that you would use for the same quantity of sweet milk. The addition of this to the partly soured milk will make it the right acidity for the usual measure of soda. You cannot use the whole measure of cream-tartar, which is two teaspoonfuls to a pint of sweet milk, as the measure of soda (one teaspoonful) is only enough to sweeten a part of each acid. This mode relieves you of guessing, which many adopt who have not the skill of guessing just right the required amount, and usually err by getting an overdose of soda; hence the effect, — cakes of a golden hue, smelling strong of soda.

In the receipts for sour-milk breakfast-cakes, I would have it distinctly understood that I have adopted the following rule as a general one: One teaspoonful of soda to one pint of nicely soured or loppered milk.

SODA AND CREAM-TARTAR.

Pure cream-tartar and soda have no equal for making convenient breakfast-cakes. For very small cakes, such as griddles, muffins, waffles, and various breakfast-cakes, it is quite usual to lighten them with these ingredients, by adding both in a dry state, finely pulverized, to the flour, and sifting them with it. The acid and soda

readily unite and produce the desired gas for lightening the bread. This is now considered the better and surer way, as the success of these lightening ingredients depends on their equal distribution throughout the flour. When thoroughly incorporated with the flour, you avoid finding those lumps of soda in various parts of the bread, which give it a yellow color and disagreeable flavor. To neutralize each, use one teaspoonful of soda to two of cream-tartar. These proportions have been accurately allowed by chemists.

HOME-MADE YEAST.

It is a convenience to know how to make good yeast when you cannot buy it. If you have not sweet old yeast to start the new with, you can create some by making of flour and water a thin batter, and letting it stand in a warm place till fermented. This will be as effective as old yeast for starting the new and fresher, giving a sweet and pleasant flavor to the bread. When yeast is entirely new, you get sweeter bread than when started with old and half-decayed yeast, which produces an unpleasant flavor with a certainty. When it has a tart smell and a watery appearance on the surface it is too stale to use.

Home-made dried yeast-cakes are not reliable.

and do not make bread of the first quality. Potato yeast is reliable, and considered better than that made in the usual way. The dough made from it does not sour as readily, but will remain perfectly sweet until it has increased twice the original quantity, requiring a little extra time for rising. Bread made from this yeast is sweet, light, and does not dry quickly. Yeast made from the following receipt will keep four weeks in hot weather, in a cold place: —

Two quarts of water.
One cup of hops.
Four good potatoes.
One cup of sugar.
One dessert-spoon of ginger.
Half a cup of salt.

Boil the hops half an hour in the two quarts of water. Peal, boil, and mash the potatoes very fine. Strain the hop-water through a fine strainer and mix with the potato, sugar, ginger, and salt. When blood-warm stir in a cupful of sweet and lively yeast, or a cake of compressed, dissolved in warm water. Keep it covered in a warm room five or six hours, when it is usually sufficiently effervesced. While getting light give it a good beating several times. When sufficiently light.

pour it into sweet glass jars, cork tight, and keep it in a cool cellar or place.

Less sugar and salt may be used in cold weather, as these are designed to arrest excessive fermentation. The ginger is intended to keep the yeast from souring. The quantity directed does not affect the flavor of the bread. Some use flour to thicken yeast, but it will keep longer without. Those who have once used these directions are unwilling to relinquish them.

BREAKFAST FARES.

Breakfast is usually quickly and hurriedly prepared, requiring undivided attention. For a cook to worry her brain trying to think of half a dozen or more different dishes for this meal, seems a serious mistake. Commonly, three or four nicely-cooked dishes after the grain course will answer better in every way. In the following bills of fare for breakfasts, this number of newly-cooked dishes is suggested, which will greatly lessen the labor of the housekeeper, and save her from that disapproving conscience which she is sure to experience when a greater number is attempted, and the result is an array of half-spoiled dishes.

Each bill of fare offers all the chemical elements required for nutrition, consisting usually of vegetable and animal food, leaving the quantity to be regulated by the appetite and individual necessity. Each dish is plainly prepared, so that the distinctive characteristics of the food may be retained. In the temperate zone instinct demands a varied diet adapted to the rapid changes of the climate. The different bills of fare suggested, give the individual an opportunity for the selection of such a breakfast as the season and the necessity demand.

The grain course is suggested as a first course, a plan now being adopted to prevent the immoderate use of animal food, to which many are given, and which is condemned by Hygiene.

Fruit is suggested as last, yet this is not arbitrary. It does not matter what place it occupies, if only this wise sanitary custom of eating fruit in the morning is observed.

SECTION III.

BEEFSTEAK BREAKFASTS.

III.

BEEFSTEAK BREAKFASTS.

Beefsteak deserves the highest rank among breakfast fares. This Bible and chemically sanctioned food, purposely designed for man, is very satisfying to the stomach, and possesses great strengthening powers. To replenish the animal spirits there is no food like beef, and when kept till properly tender, and properly cooked, nothing will give the stomach less trouble. It is iron which gives the red color to flesh. Beef is not wanting in this life-giving element, which gives a decided verdict in its favor.

BREAKFAST No. 1.

Cracked Wheat.

Beefsteak. Macaroni. Eggs on Toast.

Coffee. Ripe Fruit.

CRACKED WHEAT.

Wheat as food is the most important of the grains, because it is more available for all the wants of the system than any of the other grains. It is said to be as nearly a perfect natural food as milk, containing everything in itself to support life, being composed of the same elements as the human body, and in about the same proportions.

Sifting and Bolting lessen these properties to a serious extent. The bran, which is thrown away, contains about forty per cent of the nutriment of the grain. The miller robs it of its gluten and albumen, which make muscular strength; of its mineral and phosphatic properties, which nourish bone, muscle, and brain.

The only way now for us to secure this grain in perfection, and restore brain, bone, and muscle, is to cook it unground. It is delicious as well as wholesome when eaten with a dressing of cream

or milk, fruit, sugar, or sirup, and is much used by those who understand the philosophy of grains.

Cracked wheat is only in perfection when cooked in a double boiler, for it is an essential rule that grains of all kinds should never be stirred while cooking. This rule cannot be observed when cooked in a single boiler. When done, each grain should be charmingly light and porous, distinct, yet jelly-like. When watery, it is not palatable or attractive, and spoils the nice flavor and richness of the milk. The water should be boiling in the outside boiler, and boiling water put into the inside boiler. To nearly a quart of boiling water put a teaspoonful of salt, and a half-pint cupful of cracked wheat. Boil three hours or more, or till done. Grains are very unwholesome and disagreeable when underdone.

For breakfast it should be cooked the day previous, and reheated in the morning, as there is not time then to give it the long cooking it needs. When reheated for breakfast, do not remove it from the inner boiler, but fill the outer boiler with boiling water, and let it boil till heated through. Do not add water to the inner boiler. Many prefer it cold. It takes the mould, and should be poured into it while hot, or before the starch is set, which makes a handsome dish when served cold.

BEEFSTEAK.

Never fry a beefsteak. People who know what really good cooking is, do not fry beefsteak. When fried in fat, it is both vulgar and indigestible. Broiling, which suddenly hardens the surface, and keeps the juice within the steak, is the most eligible style for cooking beefsteak, and those who wish to invigorate themselves adopt it.

The appearance of beefsteak is injured by pounding it. If you suspect it is tough, the better method is to cut several parallel strokes across it on each side, with a sharp knife, not cutting through, but lightly cutting the surface. The quick heat will unite the incisions again, and when cooked you will hardly perceive them. If there is much fat, trim it off, else it will drop on the coals and smoke.

A light wire gridiron, that can be turned quickly, is best. Have a clear and hot fire, that will last through your broiling. For a minute, hold each side to the fire, to carbonize the surface before the broiling begins. This method saves the juice of the meat. When carbonized, expose it to a slower heat and broil it. Turn frequently, but do not stick a fork into it while broiling, or the juice will escape. Broil your steak lightly or

rare, but not raw. Have your outside a good meat brown, your inside a nice red. Never salt steak while broiling, as it extracts the juice. When done, sprinkle it lightly with salt, lay it on a hot dish, with a few small pieces of butter, but do not have it swimming in butter, as the juice is supposed to be inside the steak. Pepper should be an individual application, if you do not know the desire of your guests. Set the platter in the oven a moment, to melt the butter. To be nice, it must be served hot.

EGGS ON TOAST.

Have in a spider boiling hot water, yet not literally boiling, and enough to cover an egg, when broken into it. Add a teaspoonful of salt. Place as many muffin rings in the water as is needed. Break each egg into a cup, then turn it gently into a ring. Let them cook without boiling. When delicately cooked, or till the eggs are covered with a white film, remove the rings, and lay each egg on a slice of toast. This method gives a much handsomer dish than when dropped the usual way. Toast your bread in season for the eggs when done. Have ready a pan of hot water. Dip each slice quickly, only moistening, not soaking it, and place in the platter for the eggs.

MACARONI

should be washed and broken into lengths of five or six inches. Put into a plenty of hot water previously salted. Boil half an hour, or until tender. Meanwhile, for the average quantity, scald half a cup of rich milk, and, while hot, add a table-spoon of butter, which pour over the macaroni, when ready to be served. In the winter, when potatoes are poor and unwholesome, this dish makes a very welcome substitute.

COFFEE.

The coffee, *par excellence*, is an equal mixture of Java and Mocha, one giving strength, the other flavor and aroma.

Coffee connoisseurs prefer roasting their own coffee, or having a personal supervision of it. First, let your coffee get well dried and heated, then put it where it will roast. It should have undivided attention, and be stirred constantly till done. If left half a minute, the kernels next the kettle may burn black, and these will spoil all the rest. To have good coffee, it must be evenly roasted a dark, rich brown. Black, burnt coffee has a bitter flavor, instead of being finely flavored, like nicely-roasted coffee.

After your coffee is roasted, the next important feature is the grinding, which should be moderately fine. If ground too fine and powdery, it is hard to make it clear; if too coarse, you lose much of the strength and aroma. It should be freshly ground each time it is used. Coffee should be kept in a dry place, in a tin can, or glass jar, tightly closed.

The next thing is the cleanliness of your coffee-pot, of which many never suspect the importance, and do not empty their coffee-pot of dregs till obliged to. Coffee is just as imperfect as other food that has been cooked in an unwashed vessel. The coffee-pot should not be allowed to become coated with coffee dregs, but carefully washed every time it is used, in hot suds, rinsed, wiped dry, and set on the stove, where it will get perfectly dry.

It seems a waste of time to write out a recipe for making coffee, as most housekeepers have their favorite method. Messrs. Blot and Delmonico were very emphatic about the impropriety of boiling coffee, preferring it made in a French filter. Without any disrespect to either, the writer differs from their sanctioned opinions, and gives her experience of the coffee question.

The ordinary coffee-pot was always used in my

family. To clear the coffee, an egg, with the shell crushed, was stirred into a cup of moderately ground coffee before putting it into the coffee-pot, when a quart of boiling water was poured to both, the coffee-pot tightly closed, and boiled eight or ten minutes. A cupful was then poured out, to clear the spout from dregs, pouring the same back again. While clearing, which should take six or seven minutes, set on the back of the stove, where it can be kept hot. It is a mistake not to let coffee wait a few minutes after clearing the spout. With good cream, this was as delicious coffee as need be; and I would say that you do not have coffee in perfection unless you have good cream. No matter how nice your coffee, how well roasted, or how boiled, if you do not have cream for an accompaniment, you do not have delicious and perfect coffee. Never decant coffee, for much flavor is lost by pouring it from one vessel to the other.

Observe the following rules, and, without new inventions, they will give you good coffee. Buy good coffee. Roast it an even brown. Have a clean coffee-pot. Serve it in the vessel in which it was boiled. Boil quickly. Have cream, if you can; else hot, but not boiled milk.

BREAKFAST No. 2.

Sirloin Beefsteak.
Gravy au naturel.

Buttered Toast. Baked Apple Sauce.

Cocoa. Ripe Fruit.

This simple and easily digested breakfast is a very valuable one for those who need much nourishment in a small compass. The accompaniments can be changed to suit one's taste and condition.

SIRLOIN BEEFSTEAK.

Take three slices of beefsteak, one a sirloin, and two from the round, as the round yields more juice than any other cut. Broil them rapidly and lightly. When cooked, place the choice sirloin in the middle of a platter, and add a little butter. With a meat-squeezer, press the juice entirely from the rounds over the sirloin. Serve at once. The essence of rare beef thus expressed is considered a better tonic by some physicians than beef tea prepared the usual way.

BUTTERED TOAST.

Very few know just how to toast bread nicely. Though simple and easy it often gets spoiled, and is seldom seen without symptoms of burning. The bread must not be too fresh. To make buttered toast in perfection, you want a very light stale loaf of raised bread. You need a clear fire, and it is best when only one slice is toasted at a time, holding it at just the distance from the fire to brown nicely and without scorching. The whole surface of each side should be a golden brown. The perfect way is to butter each slice when taken from the fire, and serve immediately, being in perfection only when freshly done. When not convenient to serve immediately, pile the toast as you finish it on a plate, cover it with a deep tin, and keep it in an open oven till served.

BAKED APPLE SAUCE.

Fill a baking dish with nice juicy apples, peeled, cored, and quartered. Strew sugar over them. Fit a plate closely over the dish, which set in a larger pan, with hot water in the bottom, about an inch in depth. Set it in the oven, and bake till clear and tender. If they are not very juicy, put

two tablespoons of water to them. Prepare the day previous for breakfast, — very nice.

COCOA.

In this age of adulteration, wise and cautious people, who like to know what they drink, use cracked cocoa, or shells and cocoa mixed. To half or three-quarters of a cup of cracked cocoa, add one quart of boiling water, and cook two and a half or three hours. When sufficiently boiled, add sufficient hot water to make up for the evaporation and to make it the right strength. Add sufficient milk, and let the whole come to a boiling point, but do not let it boil, as boiled milk gives an unpleasant flavor; or, you can heat the milk separately, adding a part to the cocoa pot and the rest to the cream pitcher, from which supply to your taste. The perfection of cocoa is its liberal supply of milk.

BREAKFAST No. 3.

Whole Wheat and Milk.

Rump Beefsteak. Baked Potatoes.

Raised Biscuits (*light as a foam*).

Coffee. Ripe Fruit.

WHOLE WHEAT.

This tempting dish can be eaten with a dressing of cream, milk, sugar, or sirup. Fruit sirups are a delicious dressing for it, — also, it is nice eaten as a vegetable with meats. Select the white wheat, if it can be obtained, as it cooks more readily and looks more inviting. Wash it well, turn off all that rises to the surface of the water, then drain it dry. If there is any foreign matter, it should be picked out. Put it into an inner boiler, with five or six times its measure of boiling water. Add boiling water to the outer boiler and cook six or eight hours, or until all have opened out similar to the kernels of popped corn. For breakfast it should be cooked the day previous, and reheated like cracked wheat.

RUMP BEEFSTEAK.

The best cuts are from the middle of the rump, which has much flavor, and is preferred by many.

"Broil lightly your beefsteak — to fry it,
Argues contempt of Christian diet."

BAKED POTATOES.

Americans are very fond of baked potatoes as an accompaniment to steak. When in perfection, mealy, and of the first quality in flavor, they are unrivalled. Unless they can be presented in this dainty condition, it is far better that they should be disguised and made palatable by some artifice which the French resort to; for unless these tubers are in mealy perfection, they are not easily digested. However well baked, their excellence depends on their being served immediately, as they quickly lose their lightness, and "the glory of a baked potato is its mealiness."

RAISED BISCUIT,

light as a foam, "The lighter the better, altho' many do not think so." This is Prof. Blot's philosophy. "Lightness is a most important quality in warm biscuit, as it enables them to be

more easily acted upon by the digestive fluids," which will force a rapid passage through light biscuit, but can penetrate a rubber ball about as easily as heavy baked ones. What is so rare as light, white, and thin-crusted home-made raised biscuit for breakfast? Yet this luxury can be easily attained if the dough is well raised.

In warm weather, raised dough can be kept for two or three days for morning biscuit, if covered with a damp cloth and set in a cold place, where it will not sour. In cold weather, if set in a cool place, where there is no danger of freezing, it will keep the same length of time. Certainly this is a convenience, and many think it improves the dough, if it can be kept sweet.

If you are a novice, you must learn at the outset that you cannot have good biscuit or bread without the best quality of flour, fresh and lively yeast. It is advisable to use compressed yeast, as it is best when it can be had fresh. Too much salt destroys the nice flavor of bread, too little makes it insipid. Liquid yeast is sometimes quite salt; in this case you must be cautious about salting your bread. Compressed yeast requires salt in the bread.

A little too much heat injures biscuit, and too little ruins them. If the oven is too hot, they

will bake outside before the heat penetrates the centre, consequently you have them heavy and underdone in the middle. Unless the oven is hot enough the biscuit will spread. One that does not bake at the bottom will be likely to spoil your biscuit. A great deal depends on the oven.

For morning biscuit, mix dough at nine o'clock in the evening. Scald your milk, and there will not be the danger of its souring. If not convenient to use milk, use all or a part water, and rub a teaspoonful of butter into the flour.

RULE.

One quart of sifted flour.
One pint of warm milk.
Half a cake of compressed,
Or half a cup of liquid, yeast.
One teaspoonful of salt.

Make a hollow in the flour and add the salt. Dissolve yeast if compressed in a little of the wetting, and with the milk pour into the hollow. Mix till it becomes a dough. Dredge your moulding board evenly with flour. Lay your dough upon it and knead twenty-five minutes. In kneading, use just flour enough to keep the dough from sticking to the hands. The great mistake in mak-

ing dough is getting it too stiff with flour. When the fingers can be pressed into it without sticking, your bread is kneaded enough. Learn to get the right consistency, without too much flour, which should be soft as possible without sticking. Twenty-five minutes are long enough for the first kneading and ten for the second. When kneaded, return to the bowl, which should be earthen, as it is a better protection from cold than tin. Cover warm, and place where no draft of cold air can strike across it, for if allowed to be changing temperature while fermenting, it will hinder its rising, and your dough will be heavy. To rise well, it needs an even temperature of seventy degrees.

In the morning, as soon as you go into your kitchen, with a spoon push the dough down from the top and sides of the pan, and let it rise again. When light, knead it ten minutes, lightly, avoiding much flour. When kneaded, cut little bits for your biscuit, mould with your hands into small rounds, without using any flour. Set them a little distance apart, in a lightly-buttered pan, cover with a cloth, and set where they can have an even temperature of eighty or eighty-five degrees. When risen to twice their size, they are ready for the oven. Bake fifteen or twenty minutes. When

done, let them remain a few minutes, with the oven door open, to dry off the moisture and ripen, and prevent them from being sticky.

You now have the secret of light biscuit. Nowadays many cooks rush their biscuit through in half or three-quarters of an hour for breakfast, which accounts for their being half-risen, half-baked, sticky and doughy in the mouth. May you see the folly of this, and rise in season to give your biscuit time to rise, bake, and dry off, else you will never have them light.

BREAKFAST No. 4.

Cracked Wheat.

Beefsteak. Fried Hasty Pudding.

Tomato Sauce.

Coffee. Ripe Fruit.

Those who bow to Hygiene need have no fears of this breakfast, and, when well gotten, an epicure will not object to a second trial.

FRIED HASTY PUDDING.

This hygienic mush is rarely found in perfection, but half raw and lumpy. When corn-meal hasty

pudding is made on purpose to fry for breakfast, it makes the slices stronger to mix a tablespoonful of flour with one quart of meal. Be careful to use no more flour. For frying, it should be made quite stiff, and when for breakfast, it should be made the day before.

A Scotch kettle is the best for making hasty pudding. First, stir a large portion of the meal to be used in cold water till there are no lumps. Stir this gradually into boiling water, which has been salted. If more is needed, stir in enough to make it the right consistency. Do not get it too hard and stiff. After the meal is all in, it needs an hour's cooking or simmering, or it will taste raw. When done, mould it in a nice brick-loaf pan. From this shape you can cut handsome slices, which should be about three-quarters of an inch in thickness, or strong enough not to break. Fry on a griddle, well greased with beef drippings.

TOMATO SAUCE.

Pour boiling water over well ripened tomatoes, to remove the skins. When skinned, cut into a stew-pan, and stew briskly half an hour. Do not cook them too long, as it injures their peculiar taste. Salt them, adding a little pepper and butter, if agreeable.

"We need not eat the tomato with fear and trembling, as many are wont to do. There is no evil about it, and when we don't take care of ourselves it will take care of us. It is a delightful substitute for calomel, and we may wonder how the ancestral liver could have been kept comfortable without this anti-bilious food. That it is invaluable, and one of the most healthful esculents in the vegetable kingdom, is the popular opinion. Its healthful qualities do not depend on its mode of preparation, and it may be eaten twice or thrice per day with like advantage, cooked or uncooked, with or without a dressing, and to the utmost that the appetite requires. Its healthful qualities consist in its slight acidity, which makes it as important as fruit, and when the diet is largely meat and bread, it is inestimable."

RIPE FRUIT.

In the present age, you do not have an *a la mode* breakfast unless fruit is served. Fruit is a gracious sanitary provision by our Heavenly Father, to cleanse the blood of too much carbon; therefore it is a very wise fashion. For breakfast, it may be eaten when most agreeable, first or last. All kinds of fruit are admissible to the breakfast table that are thoroughly ripe. The undeveloped

juice of fruit is very unwholesome. For this reason, it would be the height of folly to eat it unripe. Fruits should be eaten as they grow. Spoil not this merciful contribution of Nature by disguising its pure and natural flavor.

BREAKFAST No. 5.

Oatmeal Mush.

Beefsteak. Fried Cracked Wheat.

Dried Apple Sauce.

Bread and Butter. Coffee.

This breakfast is well patronized by hearty children, and in some families is purposely prepared for their benefit. It should often be repeated.

OATMEAL MUSH.

You are not up to the times if you do not advocate oatmeal at your breakfast-table. "Prof. Liebig has chemically demonstrated, that oatmeal is almost as nutritious as the very best English beef, and that it is richer than wheat bread in the elements that go to bone and muscle."

If this be true, surely every family should vote

that they will give it a place at their breakfast-table. With many it is so popular it is found at this morning meal the year round.

At the best appointed tables it is served as a first course for breakfast, the same as cracked wheat. 'Tis said to be best relished if eaten previous to the rest of the meal, beside being a convenient arrangement for the preparation of the rest of the breakfast.

When nicely cooked, it is charmingly porous. Many spoil it by soaking it over night, and frequently stirring it while cooking. The only safe and perfect way of cooking it is in a double or farina boiler. If you give it a regular place at your breakfast table, you will save time and money by providing one expressly for cooking oatmeal. You will find it a great improvement on the old way of cooking, for you will get a superior dish, with no waste or burning, neither made pasty, as by the stirring process. You may be sure of nicely-cooked oatmeal, when steamed in a double boiler.

The water should be boiling in the outside boiler, and boiling water put into the inside boiler. Use one measure of meal to three measures of water. Add salt to the water. Sprinkle the meal into the water, stirring only a few mo-

ments; then close the vessel, and boil one hour and a half. Oatmeal, served in a half-raw state, is both unwholesome and disagreeable.

FRIED CRACKED WHEAT.

Cracked wheat for frying should be moulded in a brick-loaf baking-pan, which gives you handsome slices. When cold, slice it about three-quarters of an inch thick. Fry it on a griddle, in beef drippings, the same as hasty pudding. Do not soak it in fat, only using enough to keep from sticking to the pan.

DRIED APPLE SAUCE.

Thoroughly wash dried apples. Put them to soak in cold water, more than will cover them, as they absorb a great deal. Soak the old-fashioned dried apples for several hours. Simmer them steadily in a preserving-kettle in the same water in which they were soaked, till cooked. Never stir them, but when they rise, press them down with a spoon. Keep them closely covered. When tender, add nice brown sugar, and simmer fifteen minutes longer. To be nice looking, they should retain their form somewhat, yet must be perfectly done. The delicate, sliced dried apple can be substituted, which requires only twenty minutes'

soaking, and not as long cooking. Either are nice, when green apples fail.

RAISED LOAF BREAD.

There are no better rules for mixing, kneading, and raising bread, than those given in Breakfast No. 3 for raised biscuit. The measures there given can be doubled or trebled, to suit circumstances.

LIGHT BREAD

is of great importance. The saliva and gastric juice penetrate it easily, and digestion is facilitated. When dense and solid, these juices fail to act thoroughly, which is necessary to change bread into good blood. Undigested bread corrupts and decays, poisoning the blood as certainly as when eaten already spoiled.

KNEADING

raised bread is very important, making it evenly porous and easier of digestion. To be scientific, the thorough kneading should be done before the dough is raised, — before the gas is established; and it follows that as soon as mixed it should be thoroughly kneaded twenty-five or thirty minutes. If the thorough kneading is done after the bread

is raised, much of the gas you have taken the trouble to produce is pressed out of it.

For raising dough, summer heat, or about seventy degrees, is most favorable. When the temperature is lower than this, the fermentation is so slow that there is danger of acidity before the gas has sufficiently formed.

In an emergency, or haste, a temperature of ninety degrees can be used by lessening the requirable time, which is six or eight hours. In this case, the process must be watched, or it will sour. If you find it rising too fast, it can be arrested by setting it on the ice, or in a cool place.

When sufficiently raised, it should be kneaded ten minutes only, using as little flour as possible; then make it into loaves, put them into slightly-buttered pans, and raise the second time till nearly double their first size. If there is any danger of acidity, it is safer to bake a little sooner, for if the yeast has been thoroughly mixed with every part of the dough by kneading, the bread will be passably light, if the fermentation is a little less than the rule (doubling the dough).

BAKING.

It is a very nice point for a novice to decide, when the oven is the right temperature. An ex

perienced baker knows this without any rules. An inexperienced one can test the heat by holding the hand in the oven long enough to count twenty. If the hand cannot bear the heat this length of time, the oven is too hot, and the bread will bake outside before the heat has reached the centre, and it cannot rise. If not hot enough, your bread will lack sweetness.

When right, put your bread into the oven, and let it stand at this figure eight or ten minutes, that the heat may penetrate the very centre before the outside bakes. This will heat the loaf all through alike, and raise it evenly before crust-bound. Then increase the heat, and bake from forty minutes to an hour, the time depending on the size of the loaf. Generally, we do not bake bread thoroughly. It should have a decided brown crust on each side.

Always take bread out of the pans as soon as done, and lean it against a pan, where the pure air can pass around it. Never lay it on the table, as it will absorb the odor of the table. If the crust gets too hard, wring out a bread cloth (which should be a fresh one) in cold water, and wrap the bread in it. Never put bread away till cold. When warm, it absorbs the air about it, which should be pure as from the outside world, if possible.

An old-fashioned hanging shelf in a dry, clean, and well-ventilated cellar, is the nicest place to keep bread. It should be kept wrapped in a fresh and thick bread-cloth. If you cannot have this, or a similar convenience, the next best way is to keep it in a stone jar, which should be washed in hot water once or twice per week.

Never let failures discourage you. No part of cooking education is more useful, if turned to proper account, than the discipline of failure. The success of bread-making depends on effort and experience. These will soon make you skilful, and you will feel as confident of success as in making a cup of tea. You may feel sure there is no luck about it. To be successful, care is required, as in anything else.

BREAKFAST No. 6.

Hominy and Milk.

Beefsteak. Rye Muffins.

Lyonnaise Potatoes. Baked Sweet Apples.

Coffee. Grapes.

HOMINY AND MILK.

There are many ancestral dishes which should be perpetuated. They should be warmly recommended to children if we wish to preserve the vigor of our race. Hominy is one of the old-time preparations which should not be forgotten.

It should be washed in two or three waters as you wash rice. Fine hominy requires four measures of water to one of hominy. Put it into an inner boiler and allow it to swell for half an hour; then boil slowly for three-quarters of an hour. Like all mushes, it should be salted very lightly. It is better to put the salt into the water before adding the grain. When nearly done, if too thin, uncover, and boil till about the consistency of hasty pudding.

RYE MUFFINS.

One cup and a half of rye meal.
One cup of flour.
Two teaspoonfuls of sugar.
Two cups of sweet milk.
Three eggs.
One saltspoon of salt.
No soda or cream tartar.

Mix the salt with rye meal and flour Add the sugar to the eggs and thoroughly beat them, then pour into the flour. Add the milk, bringing it to a batter quickly, beating a few minutes longer. Bake in stone muffin cups three-quarters of an hour or more. Rye cakes require more baking than other cake. These are very light and nice.

LYONNAISE POTATOES.

Cut cold boiled potatoes into dice. When in the stew-pan, add cream enough to keep them moist, and simmer till hot. They should be of a light color. When hot, mix in a little chopped parsley and butter. Serve immediately while hot.

BAKED SWEET APPLES.

Put them into a tin gem pan. Bake them in a moderate oven. Do not have them overdone, but retain their form. For breakfast, they must be baked the day previous.

GRAPES.

"This fruit is a medicine as well as a luxury, and should be highly prized. The free use of the grape has a most salutary effect upon the system, diluting the blood, removing obstructions from the liver and kidneys, and enabling the blood to circulate in the remotest vessels of the skin, also, a healthful effect on that compound affliction, dyspepsia. From two to four pounds per day may be eaten with benefit. These remarks apply to the fruit when perfectly ripe; when unripe, like all unripe fruit, it deranges the digestive organs."

BREAKFAST No. 7.

Oatmeal Mush.

A Top Round Beefsteak. Boiled Eggs.

Fried Hominy.

Coffee. Strawberries.

A BEEFSTEAK

From the round affords more juice than any other cut. If you know how to market (and I am sorry to say that housekeepers have to trust too much to their provision dealer), select a cut from the top of the round, and if not tough you will not ask for a nicer, more juicy steak. I have eaten it so tender and juicy, that I thought it was a nice rump steak. It makes an inexpensive breakfast, being much cheaper per pound than other beefsteaks.

BOILED EGGS.

This, beyond question, is the most popular way of serving eggs, for which I give an approved French method. Have ready a saucepan of boiling water. Place in it fresh eggs. Put on the lid of saucepan and set on the stove where it will

keep boiling hot, but not boil. Let the eggs remain six or eight minutes, or as suits your guests. Serve in a napkin, on a dish, folding it over to retain the heat, or use a covered egg dish.

FRIED HOMINY.

Cook your hominy as in Breakfast No. 6. Mould it in a small oblong tin pan. There is a size, which will give you slices just square when cut. Wet the pan with cold water to prevent its sticking. When cold cut in slices nearly an inch thick, flour each side, and fry a nice brown, on the griddle, in a little butter or sweet drippings. It should be cooked the day previous.

STRAWBERRIES.

If the system is more or less feverish, and such is the case usually with most people, nothing can be more refreshing and cooling than ripe strawberries. They are a great preservative against the heating influence of meats in hot weather. 'Tis said that the strawberry is the most wholesome of all fruits, being easy of digestion, and never growing acid by fermentation on the stomach, as most other fruits do.

BREAKFAST No. 8.

Cracked Wheat.

Beefsteak. Squash Biscuit.

Baked Apple Sauce.

Coffee. Ripe Fruit.

SQUASH BISCUIT.

These dainty biscuit always meet with a warm reception. When in perfection, they are fit to set before a king.

One and a half cups of sifted squash.
Half a teacup of sugar.
Half a teaspoon of salt.
One heaping spoonful of butter, creamed.
One cupful of scalded milk.
Half a cake of compressed yeast.
Flour enough to make a bread batter.

Mix these ingredients, and add the yeast, which has been dissolved in a scant cup of warm water. Stir in flour enough to make a soft dough. Knead twenty minutes. In the morning, knead the second time, make into flat biscuit and rise one hour. Bake half an hour.

BREAKFAST No. 9.

Oatmeal Mush.

Beefsteak a la Frying Pan. Indian Sponge Cake.

Cucumbers.

Coffee. Ripe Fruit.

BEEFSTEAK A LA FRYING PAN.

If you have no conveniences for broiling, the next best thing is to substitute the frying pan, which is broiling by coming in contact with a hot iron. Heat the frying pan hot, grease it with a little of the fat cut from the steak, just enough to prevent it from sticking. When the steak touches the pan, it adheres, but in a second it loosens. Keep it covered, at the same time turn it often. Season the usual way.

Or you can make a nice gravy which many like. Into the same pan put half a cup of water. Make a smooth thickening of half a teaspoonful of flour, add this and boil it a minute. When done, stir in a spoonful of butter. Pour this over the steak and serve immediately.

INDIAN SPONGE CAKE.

Two cups of corn meal.
One cup of flour.
One teaspoon of soda.
One teaspoon of salt.
Half a cup of creamed butter.
Three eggs.
Two cups of rich sour milk.

Sift flour, meal, soda and salt together. Beat the eggs and sugar together. Make a hollow in the flour and pour in the egg mixture and butter. Lastly the sour milk, thoroughly mixing the whole. Bake at once in a loaf or flat tin pans.

CUCUMBERS.

The art of preparing cucumbers consists in their being crisp and cool. They should be put into very cold water or on ice. Half an hour before eating, peel and slice them, leaving them in ice water till breakfast is ready. Then drain them, and season to taste.

BREAKFAST No. 10.

Oatmeal Mush.

Beefsteak. Plain Omelette.

Huckleberry Shortcake.

Coffee. Ripe Fruit.

PLAIN OMELETTE.

(See Breakfast No. 87.)

HUCKLEBERRY SHORT CAKE.

One quart of sifted flour.
One teaspoonful of salt.
One teaspoonful of soda.
One large pint of berries.
Half a cup of creamed butter.
Half a cup or more of sugar.
Two eggs; two cups of sour milk.

Sift soda and salt with the flour. Mix berries with the flour, coating every berry so as to be separate. Beat the eggs and mix with the butter and sugar. Make a hollow in the middle of the flour and pour in the mixture, then the sour milk. Stir all carefully together, else you will mash the berries. Bake in pans, three-quarters full.

BREAKFAST No. 11.

Hominy and Milk.

Beefsteak. Corn Oysters.

Sally Lunn Cake.

Coffee. Watermelon.

CORN OYSTERS

Are made in this way. Mix with a pint of grated green corn, three tablepoonsfuls of milk, two or three beaten eggs and a heaping spoonful of flour. They are not as nice with too much flour. Season lightly with pepper and salt. Drop it by dessert spoonfuls into a little hot butter on a griddle. Brown on both sides and serve on a hot platter. They have much the flavor of fried oysters.

SALLY LUNN CAKE.

This genuine old-fashioned Sally Lunn cake, named after the inventor, will hardly give place to any of the recent compounds of the same name

When hot and well buttered, it is a favorite breakfast cake.

One quart of sifted flour.
One teaspoon of salt.
Half a cake of compressed,
Or half a cup of lively liquid yeast.
Two eggs.
Two tablespoons of white sugar.
One pint of warm milk.

Mix the salt with the flour. Add the yeast dissolved in three tablespoons of warm water, and gradually the milk, which, if scalded, will not be so likely to sour. Beat the yolks of the eggs, then the whites, then both together with the sugar, and stir into the batter. Beat the whole till smooth. This should be a soft dough that you can comfortably stir, not pour. Set this to rise over night. Early in the morning, when well risen, cream a piece of butter the size of a large egg, and dissolve half a teaspoon of soda in very little warm water. Mingle these with the dough. Butter your baking pans, fill them two inches deep, and rise till their size is doubled. Bake half an hour. This cake should be broken when served, and not cut with a knife.

BREAKFAST No. 12.

Oatmeal Mush.

Beefsteak. Short Cake Toast.

Stewed Prunes.

Coffee. Ripe Fruit.

SHORT CAKE TOAST.

One quart of sifted flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
One teaspoonful of salt.
Half a cupful of butter.
One pint of sweet milk,
Or very cold water.

Mix salt, soda, and cream-tartar into flour, per rule. Rub the butter into this mixture till dry and powdery. Add the milk, and work the whole together. Sprinkle your board with flour, turn out the dough, work it very lightly, with as little flour as possible, as this should be soft dough. Divide your dough into three or four parts. Roll each part nearly half an inch thick, and fit to oblong sheet pans.

When baked, and nicely browned, cut into squares, split each, butter while hot, and place them in a pile, like toast. Serve at once.

STEWED PRUNES.

Wash them. They should be stewed in a porcelain kettle, and just covered with boiling water. When covered closely, let them simmer till swollen and tender. Do not let them break. When about half done, add a tablespoonful of sugar to a quart of prunes. For breakfast, they should not be very sweet. Cook the day previous, for breakfast.

BREAKFAST No. 13.

Oatmeal Mush.

Beefsteak. Fried Onions. Corn Cake.

Sweet Pickled Beets.

Coffee. Ripe Fruit.

FRIED ONIONS.

This dish is said to have extraordinary sanitary merits, and is regarded with high favor by many, while others, of more refined sensibilities, regard

it with disgust, and do not think it a permissible dish.

Peel and slice your onions, put them into a frying-pan with leaf drippings and a very little water. Do not have them too fat, but use only drippings enough to relish them. Fry till tender, turning often, until a uniform brown. Season with salt.

CORN CAKES.

(See Breakfast No. 9.)

SWEET PICKLED BEETS.

These are simply made, by boiling together a little vinegar and sugar, and pouring it over a few sliced, boiled beets. They will pickle sufficiently in twelve hours.

BREAKFAST No. 14.

Cracked Wheat.

Beefsteak. Huckleberry Muffins.

Boiled Eggs.

Coffee. Ripe Fruit.

HUCKLEBERRY MUFFINS.

Just three and a half cups of sifted flour.
Just half a cup of Indian meal.
One teaspoonful of soda.
One teaspoonful of salt.
One heaping spoonful of butter.
Half a cup of white sugar.
Two eggs.
Two cups of nicely-soured milk.
One pint and a half of berries.

Mix soda and salt with flour and meal, cream the butter, beat the eggs, and with the sugar add to the flour. Mix all together till smooth. When mixed, carefully add the berries without mashing. Bake in muffin-pans.

BREAKFAST No. 15.

Oatmeal Mush.

Oven-broiled Beefsteak. Parker-House Biscuit.

Green Corn on the Cob.

Coffee. Ripe Fruit.

OVEN-BROILED BEEFSTEAK.

Try this labor-saving experiment, and, like others, you may sanction it. Perchance, if not apprised, you might not suspect that your steak was not gridiron-broiled. To begin, your oven must be very, very hot, else you will lose the juice of your steak. A moderate oven would ruin it, for, to be in perfection, it must be quickly seared with heat. Other principles are the same as for gridiron-broiling.

Lay your steak into a dripping-pan large enough to hold it without condensing. Set it in a hot oven. If thick, it will need to remain ten minutes, according to the doneness you prefer. When done, season to taste, and serve on a hot platter.

PARKER-HOUSE BISCUIT.

One quart of sifted flour.
One pint of warm scalded milk.
One tablespoonful of white sugar.
One teaspoonful of salt.
Butter, the size of an egg.
Half a cake of compressed,
Or half a cup of liquid yeast.

Sift the flour into a deep pan, and make a hollow in the middle of it. Put in the other ingredients, in the following order: Sugar, butter, which must be creamed, milk, and yeast. Do not stir these, after putting them together. For breakfast, arrange this about two o'clock in the afternoon, and set it in a temperature of sixty degrees. In the evening, mix all together, and knead fifteen minutes. Let it rise over night. In the morning, cut out the biscuit, set each one apart from his neighbor, and, when sufficiently risen, bake fifteen minutes.

GREEN CORN.

This is very acceptable in the country, where corn can be freshly and easily obtained. Boil twenty minutes. The milk should be well developed in the kernels, or no nourishment will be effected.

BREAKFAST No. 16.

Hominy and Milk.

Beefsteak. Flour and Indian Waffles.

Baked Apple Sauce.

Coffee. Ripe Fruit.

FLOUR AND INDIAN WAFFLES.

Two and a half cups of sifted flour.
Half a cup of Indian meal.
One teaspoonful of soda.
One teaspoonful of salt.
One heaping tablespoonful of butter.
Two eggs.
Two cups of rich sour milk.

Mix salt and soda with flour and meal. Cream the butter. Beat the eggs. Make a hollow in the middle of the flour, and pour these into it; lastly the sour milk, stirring the whole to a smooth batter. Heat the waffle irons, butter them well, fill three-quarters full, and bake over a clear and steady fire. They should be evenly browned, and not scorched.

BREAKFAST No. 17.

Shredded Raw Beefsteak.

Dropped Eggs. Jelly.

Tea, Cocoa, or Coffee.

Ripe Fruit.

SHREDDED RAW BEEFSTEAK.

This nutritious dish, when accompanied with an egg and calf's-foot jelly, is exceedingly tempting to a capricious appetite. Shred the beef with a beef-shredder. Remove every particle of skin and fat. Mix it with oatmeal cracker crumbs. Season to taste.

DROPPED EGGS.

(See Breakfast No. 1.)

TEA.

Tea and coffee, when not taken to excess, are harmless; when used immoderately, they are decidedly injurious. Says a learned Chinese professor, "When tea is taken in moderate quantities, it has a soothing influence, refreshing the body, awakening thought, clearing perception, and pre-

venting drowsiness. But when taken in excess, it produces nervous tremblings, the heart beats stronger, the pulse becomes more frequent, the thoughts wander, and a peculiar state of intoxication comes. Beware of an overdose."

An earthen teapot is more wholesome for steeping tea than tin. The water of which it is made should always be freshly boiled, and boiling hot when added to the tea; the tea-pot rinsed and scalded each time that tea is made. Many a nice cup of tea has been spoiled by not scalding the teapot.

SECTION IV.

COLD BEEF BREAKFASTS.

IV.

COLD BEEF UTILIZED.

Much of the cold beef left from dinners and thrown away as worthless, could be reproduced upon the breakfast table with satisfaction to guests, if tastefully prepared and accompanied with harmonious dishes.

BREAKFAST No. 18.

Oatmeal Mush.

Delmonico's Corned Beef Hash. Corn Bread Loaf.

Sweet Pickled Beets.

Ripe Fruit.

Although corned beef hash is very ancient, it has stood the test of time, and when well prepared is much esteemed, and is by no means despised at Delmonico's.

There are many ways of spoiling it. First, by frying instead of heating it. Second, by dredging flour into it, which imparts a raw taste like dough. Third, by using too much water, which makes it insipid. Fourth, by using too much fat or gravy, which spoils its delicacy. Lastly, by burning it, which gives it a bitter flavor.

DELMONICO'S CORNED BEEF HASH.

Chop cold corned beef rather fine, but not too fine. Chop, not mash, about one-third as large a quantity of cold boiled potatoes. They are not as nice for beef hash when hot, and if either potatoes or meat are chopped too fine, your hash will be salvy. Have it neither dry nor watery, but moist. Cover it close and heat a few minutes. When hot, if no gravy has been used, stir into it a little butter. Serve on a hot dish.

Many think the perfection of corned beef hash is to chop a boiled beet with it. This is very good when made in right proportions and not too much beet. You do not need quite as much potato when beet is added. In this case you omit the pickled beet, and provide a substitute.

CORN BREAD LOAF.

Two cups of yellow meal.
One cup of flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
One teaspoonful of salt.
Two eggs.
Half a cup of sugar.
One heaping tablespoon of solid butter.
Two cups of rich sweet milk.

Mix salt, soda, and cream-tartar with flour and meal, according to the rule already given. Cream the butter. Beat sugar and eggs together. Add all to the mixture. Lastly, stir in the milk, and beat the whole a few minutes. "This loaf is best when baked in round sheet-iron pans that are four inches deep. The loaf should be that thickness when baked. When served cut it pie-fashion if baked in round pans."

BREAKFAST No. 19.

Oatmeal Mush.

Roast Beef Hash. Parker House Biscuit.

"Warmed-up" Potatoes. Cabbage Salad.

Coffee.

ROAST BEEF HASH.

Chop fine, moisten with some of the remaining gravy, and heat hot, but do not stew it. All meats, when reheated, should be done quickly, or they will be oily and unpalatable.

"WARMED-UP" POTATOES.

Cut each potato into lengthwise slices. Fry them a nice brown on each side in a little beef drippings.

CABBAGE SALAD.

This nitrogenous and herbaceous vegetable, when eaten raw, is easily digested, and should be often seen upon our tables. It should be sliced very fine or chopped, and demands sugar and vinegar to be palatable.

BREAKFAST No. 20.

Hominy and Milk.

Baked Potatoes. Cream-tartar Biscuit.

Sweet Pickled Beets. Coffee.

SLICED COLD CORN BEEF.

Cold corned beef, with harmonious accompaniments, makes a nice and convenient breakfast. After all the bones are removed, it should be pressed in a "brick loaf" pan over night and evenly sliced for breakfast in the morning.

CREAM-TARTAR BISCUIT.

One quart of sifted flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
One teaspoonful of salt.
One pint of milk.

Mix salt, soda, and cream-tartar with flour. Add the milk and thoroughly stir so that the alkali may evenly effervesce. Dredge your board, turn the dough upon it, which quickly bring into a body without kneading it at all, as the success depends upon the rapid mixing and baking. Roll lightly into a sheet an inch thick. Cut into rounds with a small tin biscuit cutter. Bake in a quick oven.

BREAKFAST No. 21.

Cracked Wheat.

Sliced Cold Roast Beef.	Canned Corn Oysters.
Baked Potatoes.	Raised Waffles.
Coffee.	Ripe Fruit.

For many, there is no nicer breakfast than cold roast beef. When accompanied with corn oysters, baked potatoes and waffles, it should not fail to satisfy.

CANNED CORN OYSTERS.

The inventor of canning has put us in possession of green corn every month in the year. Although

we cannot perfectly recognize our dainty and succulent green corn of summer, yet by largely drawing on faith we forget the discount and get the whole of that agreeable vegetable when out of season. When made into corn oysters, it is graciously accepted at the breakfast table. For directions, see corn oysters.

RAISED WAFFLES.

One quart of sifted flour.
One teaspoonful of salt.
Nearly a quart of warm milk.
Half a cake of compressed yeast,
Or half a cup of liquid yeast.
One tablespoonful of creamed butter.

Put the salt, butter, yeast and warm milk into the middle of the flour. Mix to a batter, and set to rise over night. In the morning, when ready to bake, beat two or three eggs, then beat them to the batter. Dissolve half a teaspoon of soda in a very little warm water and stir throughout at the last moment. Heat the waffle irons, butter them well, and fill nearly three-quarters full. Brown them evenly on both sides. Do not scorch them.

BREAKFAST No. 22.

Roast Beef and Barley Stew.

Cream-tartar Biscuit. Coffee.

Country Griddle Cakes. Stewed Prunes.

ROAST BEEF AND BARLEY STEW.

To a pint of cold roast beef when cut into slices, add a cup of boiled barley, three or four slices of cold boiled potatoes, and a grain of salt. Put all into a stewpan with nearly two cups of water. Simmer ten minutes. Or you can substitute boiled cracked wheat. Very nice.

COUNTRY GRIDDLE CAKES.

One pint of sifted flour.
One teaspoon of salt.
One scant pint of sour milk or cream.
One teaspoonful of soda.

Make a smooth batter of flour and milk. Beat this until a lightness is evident. Now dissolve the soda in a very little warm water and beat it into the batter. Have the griddle hot and greased all

over with butter. Drop your batter in spoonfuls well apart, on the griddle. When the cakes bubble all over, slip your griddle-spade under each cake and turn quickly. Bake the other side, and when done send to the table quickly on a hot plate. Send only one batch at a time. They should be eaten as quickly as possible from the griddle.

BREAKFAST No. 23.

Oatmeal Mush.

Fried Liver. Fried Apples.

Corn Bread Loaf. Coffee.

FRIED LIVER.

Fried liver is a favorite with many. It should not be strongly urged, yet it is better than no meat. Have your beef drippings boiling hot when the liver is put into it, or it will soak fat. It needs to be well cooked, though not to a crisp, which makes it juiceless.

FRIED APPLES

Are an acceptable companion for liver. Do not pare them, but preserve the form of the slices

with the paring. Add a spoonful of water, some of the liver gravy, cover closely and fry without stirring. When nearly done, add a little Porto Rico molasses.

SECTION V

VENISON BREAKFASTS.

V.

VENISON BREAKFASTS.

DEER have the zoological marks which distinguish them from unwholesome animals, consequently venison can be eaten with a clear conscience. It is toothsome, strengthening, and easily digested.

BREAKFAST No. 24.

Cracked Wheat.

Venison Steak. Currant Jelly.

Rice Waffles. Ripe Fruit.

Coffee.

Venison takes a few minutes longer to broil than beefsteak. Have your fire clear and hot. Broil rapidly, turning often. Observe the same rules as for beefsteak, so as not to lose a drop of juice. Have ready a hot platter on which are a few bits of butter. When done, lay your steak on the butter, turning it over and salting it on each side, adding a little currant jelly.

RICE WAFFLES.

One cupful of boiled rice.
Three eggs.
One heaping teaspoon of broken butter.
One saltspoon of salt.
Two cupsful of sour milk.
One teaspoonful of soda.

Separate the grains of rice, cream the butter, beat the eggs, and stir those together. Dissolve the soda in a very little warm water, which stir to the milk and add to the mixture. Stir in flour enough to make a thick batter.

Have the waffle irons hot and greased with butter. Fill them three-quarters full. Be careful not to burn them. Bake the first side before turning.

BREAKFAST No. 25.

Cracked Wheat.

Venison Hash on Toast. Rice Croquettes.

Coffee. Ripe Fruit.

Chop remnants of cold roast venison as for roast beef hash. Add to it a little of the venison gravy. Do not have it watery, only moist. Heat hot, but do not stew it. Serve hot.

RICE CROQUETTES.

Roll boiled rice into little balls, then flatten them. Coat with eggs and cracker crumbs. Bake on a griddle, greased with butter.

BREAKFAST No. 26.

Cracked Wheat.

Venison Rolls. Buttered Toast.

Tomato Sauce, or Currant Jelly.

Coffee. Ripe Fruit.

When beautifully cooked, this breakfast vanishes like a vision. Have venison steaks cut thin. Trim off the fat. Mix together, one teaspoonful of salt, one of thyme or summer savory, and one saltspoon of pepper. Sprinkle this seasoning over the steaks, roll them tightly and tie. Lay them on a trivet or stand, fitted into a roasting pan. Have a hot oven, that the surface may soon sear and securely hold the juices. Bake half an hour or more. These are quite as nice as sausages, and you are certain of what you are eating.

N. B. — When a dish is repeated, and no reference made to it, its directions can easily be found by referring to the preface.

SECTION VI.

MUTTON AND LAMB BREAKFASTS.

VI.

MUTTON AND LAMB BREAKFASTS.

SHEEP literally fulfil the required terms of the Bible's sanitary laws. They are exclusively confined to vegetable food, which makes mutton and lamb wholesome and agreeable.

BREAKFAST No. 27.

Oatmeal Mush.

Broiled Mutton Chops. Graham Puffs.

Baked Potatoes. Sliced Tomatoes.

Coffee.

BROILED MUTTON CHOPS

Are especially nice when broiled in perfection. The gridiron must first be warmed, or the chop will stick to the bars. A fine chop is full of juice, and none of it should be wasted. The heat of the fire should be so great that it will instantly harden the outside of the meat so that the juices cannot

run out. Never stick a fork into a chop, as it lets out the juice. When done, salt, and butter. Serve hot.

GRAHAM PUFFS.

One cup and a half Graham flour.
One cup of flour.
Two teaspoonfuls of sugar.
One teaspoonful of salt.
Two liberal cups of sweet milk.
Three eggs.

Mix salt with the flour. Beat up a batter with the flour and milk. Beat the yolks of the eggs to a froth. Beat the whites till stiff. Beat the yolks, then the whites into the batter. Bake in buttered stone cups half an hour or more. Use your judgment and do not keep them in too long. When done they will be well popped over. Keep the oven closed as much as possible.

Ignorant cooks often spoil this simple and delicate cake by persisting to use baking powders or soda. They cannot believe they will rise without them.

SLICED TOMATOES.

These are a favorite complement to chops. Select the fairest ripe ones. Scald and peel them. When cold, slice them. Dress with vinegar, pepper and salt to taste.

BREAKFAST No. 28.

Oatmeal Mush.

Broiled Lamb Chops. Breakfast Puffs.

Tomato Sauce.

Coffee. Ripe Fruit.

LAMB CHOPS

Are a convenient, simple, and dainty breakfast, being readily accomplished, requiring only nicety and attention. Broil the same as mutton chops. (See Breakfast No. 27.)

BREAKFAST PUFFS.

Two cups of flour.
Two cups of sweet milk.
Two eggs.
One salt-spoon of salt.

Beat up a batter with the flour and milk. Add salt. Beat the yolks and whites of eggs separately and thoroughly. Then beat them separately to the batter. Fill gem-pans or stone cups a little more than half full. Have a quick oven. Sometimes half an hour bakes them, but often it takes more. When done, they will be evenly browned, and well popped over.

BREAKFAST No. 29.

Cracked Wheat.

Fried Breaded Mutton Chops.

Raised Graham Muffins. Baked Potatoes.

Broiled Tomatoes. Coffee.

FRIED BREADED MUTTON CHOPS.

This is an admirable breakfast, when served dry and hot. Trim off the superfluous skin and fat, to give the chops an elegant appearance. Dip each chop in beaten egg, then roll it in powdered crackers. Meantime, have the superfluous fat tried out in a frying-pan, and, when boiling hot, lay the chops into it, and fry. Use as little fat as possible.

RAISED GRAHAM MUFFINS.

Two cupfuls of Graham meal, unsifted.
One cupful of white flour.
Two cupfuls of sweet milk or warm water.
Two tablespoonfuls of Porto Rico Molasses.
One teaspoonful of salt.
Half a cake of compressed,
Or half a cup of liquid yeast.

Mix flour, meal, and salt. Scald the milk, and, when at blood heat, pour into the middle of the flour. Dissolve yeast, and with the molasses add to the mixture. Beat all thoroughly to a batter dough. When well mixed, set it in a temperature of about sixty-five degrees over night. Graham sponge sours more quickly than white, and should not rise in so high a temperature.

Early in the morning, beat it up well, and let it rise again. When about to bake, dissolve half a teaspoonful of soda in a very little warm water, and thoroughly incorporate it with the batter. Bake in well-buttered muffin-tins or gem-pans. These do not require so hot an oven as white muffins, but should bake longer.

BROILED TOMATO.

Cut each tomato into two slices, without peeling. Lay them into a wire gridiron, and broil carefully, turning like steak, to keep the juice. Have them a nice brown on both sides. When dished, add a bit of butter to each. Salt and pepper to taste.

BREAKFAST No. 30.

Hominy and Milk.

Oven-broiled Mutton Chops. Baked Potatoes.

Graham Biscuit. Tomato Sauce.

Coffee.

If you try this labor-saving experiment, you may conclude that your mutton chops are only in perfection when oven-broiled. Trim the chops, but not so much as to make them entirely deficient in fat. Lay them in a meat-pan, and broil in a quick oven. A slow oven would spoil them. Do not broil them too long. Season and serve.

GRAHAM BISCUIT.

The preceding Graham muffin receipt makes a nice biscuit mixture. Observe its full directions. The usual failure in Graham biscuit is generally caused by kneading in too much flour. They should be made less stiff than white biscuit, and kneaded just as soft as possible. Prick the biscuit with a fork, to prevent the crust from binding.

BREAKFAST No. 31.

Whole Wheat.

Minced Lamb. Boiled Eggs.

Cracked Wheat Griddle Cakes.

Coffee. Ripe Fruit.

When well gotten, this dainty and nourishing breakfast is fit to set before a sovereign.

MINCED LAMB.

Mince fine, cold roast lamb. Moisten it with a very little of the gravy. Simmer till hot. If you have no gravy, add a little water instead, and, when hot, add a bit of butter. Do not moisten it too much. Serve hot.

CRACKED WHEAT GRIDDLES.

One cupful of cooked cracked wheat.
Three eggs.
One heaping teaspoonful of broken butter.
One saltspoonful of salt.
Two cups of sour milk.
One teaspoonful of soda.

Separate the grains of wheat, add the milk, cream the butter, beat the eggs, and stir them together. Dissolve the soda in a very little warm water, and stir into the mixture, adding flour enough to make a griddle batter. Bake on a hot griddle, greased with butter.

BREAKFAST No. 32.

Cracked Wheat.

Lamb Fricassee. Raised Biscuit (*light as a foam*).

Baked Potatoes.

Coffee. Ripe Fruit.

LAMB FRICASSEE

Makes an appetizing and nourishing breakfast. Lamb chops are as nice as chicken for a fricassee. Boil them tender in water enough to cover them. When done, add to the liquor butter, and a little thickening made of flour. Cook all together a few minutes; then dish and pour the gravy over it.

BREAKFAST No. 33.

Oatmeal Mush.

Sliced Cold Mutton or Lamb. Baked Potatoes.

Bread and Butter.

Buckwheat Cakes. Coffee.

COLD MUTTON OR LAMB,

With these accompaniments, makes a nice winter breakfast. For summer, a more appropriate cake than buckwheat can be substituted. Indian cakes are welcome companions with cold roast lamb at breakfast.

BUCKWHEAT CAKES.

Four cups of warm water.
Nearly three cupfuls of buckwheat meal.
Nearly a cup of Indian meal.
Two tablespoonfuls of nice molasses.
One teaspoonful of salt.
Half a cake of compressed yeast.

Scald the Indian meal with only water enough to swell it. When cool, add this to the buck-

wheat, and with the measure of warm water, beat till all are well mixed. To this, add the salt, molasses and yeast, which should be dissolved in a little water. Now beat all five or six minutes, and set to rise in a warm place, over night. A pitcher is very convenient to fry buckwheats from, which should be covered with a thick cloth, over night.

In the morning beat your batter well and set it near the fire for a second rising. Buckwheats are not in perfection without soda, which should be added whether the cakes are sour or not, but not till just before they are baked. When breakfast is on the table, dissolve an even teaspoonful of soda in a little warm water, stir it well into the batter, and bake. Serve them as quick as possible from the griddle.

Indian meal makes buckwheats much more tender than flour; they are much better made with milk than water.

BREAKFAST No. 34.

Oatmeal Mush.

Egged Mutton Hash. Huckleberry Cake.

Coffee, or Tea. Ripe Fruit.

This is a delicious as well as nutritious summer breakfast. To three cupfuls of finely chopped mutton or lamb, add two tablespoonfuls of hot water. Break into it three eggs and stir all together. When the eggs are sufficiently cooked, add a spoonful of butter, and thoroughly mix. Serve quickly.

HUCKLEBERRY CAKE.

(See Breakfast No. 10.)

Obs. — Dressed lettuce is a favorite companion for any dish of mutton.

BREAKFAST No. 35.

Whole Wheat.

Minced Mutton, Eggs and Rice.

Huckleberry Cake. Cocoa or Coffee.

Ripe Fruit.

Minced mutton, eggs and rice, make a palatable summer breakfast. Chop remnants of mutton fine, add a very little hot water. Have nearly the same quantity of rice, allowing one egg to each cupful of minced mutton. Mix all together, and heat till the eggs are cooked, when stir in a piece of butter, enough for the quantity. Serve quickly.

BREAKFAST No. 36.

Oatmeal Jelly.

Steamed Mutton Mince. Egg Toast.

Cocoa or Tea. Ripe Fruit.

OATMEAL JELLY.

Soak a cupful of nice oatmeal in one pint and a half of water over night. In the morning strain off the liquid through a sieve and boil it fifteen minutes. Turn it into the moulds, set it in a cool closet, and in twenty minutes it will jelly and be sufficiently warm to eat. Serve with sugar and cream, or sweetened fruit juice.

STEAMED MUTTON MINCE.

Take raw, fresh, and lean mutton or lamb. Remove the flesh from the bone. Chop the lean very fine. Flavor with salt, pepper, or a green bay leaf. Steam the mince half an hour in a farina boiler, in a few spoonfuls of water. When done, add a small bit of butter. Serve hot. This is an appetizing and nutritious breakfast for an invalid.

SECTION VII.

VEAL BREAKFASTS.

VII.

VEAL.

THE Bible establishes the eating of veal. "And bring hither the fatted calf and kill it."

"And Abraham ran into the herd, and fetched a calf tender and good, and gave it unto a young man, and he hasted to dress it."

Beware of eating too young veal. Nowadays it is sent to the market very young, for the reason that it is not so remunerative as the cow's milk. 'Tis said many diseases, especially in children, come from eating too young veal. In earlier times it was thought that veal was not eatable before it was four or five weeks old. It is very easy to know when it is too young, as the bones are very tender and like nerves.

BREAKFAST No. 37.

Oatmeal Mush.

Veal Fricassee. **Baked Potatoes.**

Biscuit (*light as a foam*). **Café au lait.**

Ripe Fruit.

VEAL FRICASSEE.

Cut veal into pieces of two inches, and stew till tender as chicken. Do not use more water than is necessary to cover it. Just before dishing for the table, add a smooth thickening, and a piece of butter. Stir these evenly into the gravy, and simmer two minutes before serving.

CAFÉ AU LAIT.

Americans are very ambitious of French names, and café au lait is being domesticated in their kitchens. Its French name sounds new to many, yet it is a very ancient method of preparing coffee. In bygone days my grandmother, and later my mother, when there was milk to spare, often made our coffee half milk, which the French call café au lait.

To half a coffee-pot of boiling hot coffee, add enough hot milk to fill the coffee-pot. Do not boil the milk, it will give it an unpleasant flavor; only heat it hot. Delicious!

BREAKFAST No. 38.

Oatmeal Mush.

Veal Stew. Corn Meal Sponge Cake.

Bread and Butter.

Coffee. Ripe Fruit.

VEAL STEW.

Cut veal in small pieces, not over an inch square. Cover with cold water. See that the water is kept at the same level, by adding hot water as it boils away. Stew till tender. Before done, have ready potatoes enough for the quantity of veal, peeled and sliced. Add these to the stew. When done, add a little smooth thickening, a bit of butter, and let all come to a boil. Serve hot.

CORN MEAL SPONGE CAKE, NO. 2.

Two cupfuls of Indian meal.
One cup of flour.
One teaspoonful of soda.
Two teaspoonfuls of cream-tartar.
One teaspoonful of salt.
Three eggs.
One spoonful of white sugar.
Two spoonfuls of creamed butter.
Two cupfuls of sweet milk.

Add soda, cream-tartar, and salt to flour. Beat the eggs and sugar together, and with the creamed butter stir to the meal and flour. Lastly, add the milk, which thoroughly incorporate. Bake in Washington pie plates, well buttered. Have a moderately quick oven.

BREAKFAST No. 39.

Cracked Wheat.

Veal Hash. Poached Eggs.

Buttered Toast.

Coffee. Sliced Oranges.

This simple breakfast is very appetizing when well gotten. Chop cold veal very fine; put it into a saucepan with only gravy enough to moisten it. If you have no gravy, use a little water instead, and add a bit of butter before dishing it. Simmer till hot. It should be dry enough to heap into shape on the platter. Prepare your eggs and toast as in breakfast No. 1.

SLICED ORANGES.

Persons of refined sensibilities are disturbed by the derangement of orange-peel at the breakfast-table. This may be avoided by serving them sliced and sugared. Slice peeled oranges. Fill a dish with alternate slices of orange and sugar.

BREAKFAST No. 40.

Cracked Wheat.

Scalloped Veal. Boiled Eggs.

Cream Toast.

Coffee. Bananas.

If any breakfast will develop your capabilities it is No. 40. Should you succeed with this, you can have faith in your abilities hereafter.

SCALLOPED VEAL.

Many think this the best way to serve fragments of veal. Chop cold roast or stewed veal very fine. Butter a round, deep, baking-tin. Put a layer of veal in the bottom, next a layer of powdered crackers or dry bread. Alternate these until the pan is full, having a thick layer of crumbs on the top. Moisten each layer with a little of the gravy, if any remains from the roast veal, otherwise strew tiny bits of butter on each layer of veal, and moisten with water. Cover with a tin plate. If small, bake nearly half an hour, if large, three-quarters. Do not get it so moist that

it will not retain its form, when inverted on a platter. The meat and cracker can be prepared over night.

CREAM TOAST.

Toast bread to a golden brown. Scald your milk in a farina boiler. When scalding hot, thicken it with a very little corn starch or flour dissolved smooth in a little cold water. Do not make starch of it. I have eaten it so thick with flour that it tasted like starch. Be sure your milk is scalding hot, when you add your thickening, which pour into the middle of the milk, stirring it gently till all is thickened. After simmering till there is no raw taste of the flour, add a little butter and stir it through the milk. Have your toast ready. Lay a few slices on a deep dish, pour over them some of the hot cream, then lay on a few more slices and pour over again. Lift the lower slices, one by one, that the creamy mixture may run between. Reserve a surplus to pour over the whole. Serve as soon as finished.

BREAKFAST No. 41.

Hominy and Milk.

Oven-broiled Veal Cutlets. Baked Potatoes.

Corn Meal Raised Muffins.

Water-Cress Salad. Coffee.

OVEN-BROILED VEAL CUTLETS.

Veal steaks can be broiled in the oven with better effect than over the fire. The oven should be as hot as for baking meat, otherwise you will dry and spoil them. When oven-broiled, they get cooked more thoroughly, and few people are fond of rare veal. Lay the steaks in the bake-pan, using a very little of the fat, only enough to keep them from sticking and scorching. Fit a tin plate closely over them, to keep them steaming while baking. When done, if there is any fat, drain it from them. Season with salt and butter, the same as for other broiled steaks.

CORN-MEAL RAISED MUFFINS.

One pint of sweet milk, or warm water.
One teaspoonful of salt.
One cupful of flour.
One heaping tablespoonful of sugar.
Half a cake of compressed yeast.

Add Indian meal enough to make a thick batter. Rise over night. In the morning, when ready to bake, add half a teaspoon of soda, dissolved in a little warm water, and with a tablespoonful of melted butter, mix throughout the batter. Bake in muffin-tins. Yeast muffins have the advantage of soda muffins, as they are not heavy when cold, but palatable.

WATER-CRESS SALAD.

Like the tomato, this vegetable possesses the double quality of food and medicine. "According to analysis by M. Chatin, Director of the School of Pharmacy, Paris, water-cress contains iron, iodine, phosphates, and other salts. As a medicine, it has been vaunted for its efficacy in all cases of weak digestion, and has been prescribed for scrofula and phthisis. For food, it ought to be used in its green or uncooked state, in the form of salad or without any seasoning."

BREAKFAST No. 42.

Oatmeal Mush.

Egged Veal Hash. Creamed Potatoes.

Sponge Corn Cake Muffins.

Coffee. Ripe Fruit.

EGGED VEAL HASH.

Chop fine remnants of cold roast veal. Moisten with the gravy or water. When hot, break into it three or four eggs, according to the quantity of veal. When the eggs are cooked, stir into it a spoonful of butter, and serve quickly. If to your taste, shake in a little parsley. Should you lack quantity, half a cup of fine stale bread crumbs are no disadvantage.

CREAMED POTATOES.

Slice cold boiled potatoes; season with salt. Add cream, and heat them in a double boiler. Do not break or stir them.

SPONGE CORN CAKE MUFFINS.

The same receipt as for sponge corn cake in Breakfast No. 9.

BREAKFAST No. 43.

Cracked Wheat and Cream.

Sweetbread Fricassee. Toasted Oatmeal Crackers,

Or, "Butter" Crackers.

Cocoa or Coffee. Ripe Fruit.

SWEETBREAD FRICASSEE.

Carefully wash and remove all the thin skin in which the sweetbreads are wrapped, drawing out that between the divisions. Put them into enough cold water to cover them, and set over the fire. When they have boiled fifteen minutes, take out and lay them in cold water for ten minutes. This will make them firm and white. Keep the water they were boiled in hot, and after laying ten minutes in cold water, put them back again into the hot water, and let them come to a boil. For two or three sweetbreads, allow a cupful of gravy. Cream a heaping dessert-spoonful of butter and stir into it half a teaspoonful of cornstarch. Add this to the gravy and simmer a minute. Dish the sweetbreads, and pour the gravy over them.

TOASTED CRACKERS.

Toast crackers a nice brown. Dip them quickly into hot water; don't let them remain a moment. Now lay them on a dish, and pour to them a little of the sweetbread gravy.

BREAKFAST No. 44.

Oatmeal Mush.

Fricassee of Tripe. Baked Potatoes.

Cold Bread. Graham Meal Griddles.

Coffee.

This breakfast was overlooked. It properly belongs in the beef division.

FRICASSEE OF TRIPE.

Cut tripe into pieces about two inches square. Put into a spider with water enough to make a gravy. When hot, add butter and a little thickening, mixed smoothly. Let all come to a boil. Dish the tripe, and serve with the gravy poured over it.

GRAHAM MEAL GRIDDLES.

One quart of sweet milk.
Two cups of Graham flour.
One cup of white flour.
One teaspoonful of salt.
Two spoonfuls of nice molasses.
Half a cake of compressed,
Or, half a cup of fluid yeast.

Stir the milk to the Graham and flour. Add salt, molasses, and yeast. Beat all together, and rise in a warm place over night. In the morning beat well and set near the fire for a second rising. When everything is ready for breakfast, dissolve half a teaspoonful of soda and stir into it. Bake them on a griddle greased only enough to keep them from sticking. Bake both sides a nice brown. Do not turn them twice. Serve only a few at a time.

These are much more nourishing and wholesome than any buckwheat griddles. Those who indulge in buckwheat will be wise to substitute Graham.

SECTION VIII.

DOMESTIC FOWL BREAKFASTS.

VIII.

FOWL.

THE Bible has given no general catalogue of the birds allowed for man's food, but has catalogued those disallowed, which are birds of prey and scavengers of offal and carrion. Our domestic fowl are healthy, when properly cared for, and their meat sound and wholesome.

BREAKFAST No. 45.

Cracked Wheat.

Broiled Chicken. Strawberry Short Cake.

Cold Bread. Coffee.

Ripe Fruit.

BROILED CHICKEN.

Chicken for broiling should be split open at the back, washed, wiped dry, the breast bone flattened with a mallet, and the wings twisted back that the breast may show; beside, a chicken looks very badly with the bones and wings sticking out. Never broil a fowl that is tough. It would be

impossible to make it eatable by broiling; and if sure that it is tender, you may make it more so by first steaming it twenty minutes. From the steamer transfer it to the gridiron, inside down. Turn it several times. When broiled a nice brown, season with butter and salt. Before steamers were used, I have parboiled a fowl previous to broiling; but this process robs it of its juiciness. When steamed, it retains its juice, and cooks those parts tender which, if only broiled, would be so scorched that they could not be eaten.

STRAWBERRY SHORTCAKE.

One quart of flour.
One teaspoonful of soda.
Two teaspoonfuls of cream-tartar.
One teaspoonful of salt.
Half a cup of creamed butter.
One pint of rich sweet milk.
One quart of strawberries.

Incorporate soda, cream-tartar, and salt well into the dry flour. Work the creamed butter into the prepared flour, till fine and yellow. Pour the milk to this mixture, and mould to a delicate dough, which divide into three parts. Roll each

part quickly half an inch thick. Fit each to a Washington-pie plate and bake at once.

Meantime, mash the strawberries, adding sugar to your taste. Keep them in a cold place till the cakes are ready. When the cakes are done, reverse the tin and lay the cake upon it. Take a thin sharp knife, dip it into hot water, then wipe it dry, and equally split the cakes. Do not split them with a cold knife, as it flattens the bread. Butter each half; lay one third of the jam on each under crust and cover with the upper crust. Serve quickly.

BREAKFAST No. 46.

Oatmeal Mush.

Oven-broiled Chicken. Baked Potatoes.

Raised Waffles. Coffee.

Ripe Fruit.

Do not let your prejudice in favor of gridiron broiling prevent you from trying this labor-saving expedient. Prepare the chicken as for gridiron broiling. Place the chicken, skin side up, in a dripping-pan, pressed flat and close to the pan as

possible. The pan must be dry, so that the chicken will brown on the bottom. The secret of success is to have the oven just as hot as the chicken will bear without burning. It would not be like broiling, if done in a slow oven. When done, season with salt and butter.

RAISED WAFFLES.

(See Breakfast No. 21.)

BREAKFAST No. 47.

Cracked Wheat.

Chicken Fricassee. Baked Potatoes.

Raised Biscuit (*light as a foam*).

Coffee. Ripe Fruit.

This was a favorite breakfast of my mother's, and I well know its merits. For breakfast, the chicken should be boiled the day previous, unless you are a very early riser. The chicken need not be as tender as for broiling. When washed and dissected, put into a stew-pan and barely cover with warm water. Very cold water draws the juice out. Cover and stew slowly till tender, but not so much as to drop in pieces.

If boiled the day previous, heat the liquor with the chicken in the morning. When hot, add butter and a very little smooth thickening. If the chickens are very fat, they will not need the addition of butter. After adding the thickening, stew gently seven or eight minutes. The addition of parsley, cut fine, is considered an improvement by some. Serve with the gravy poured over it.

BREAKFAST No. 48.

Cracked Wheat.

Cold Chicken warmed over. Baked Potatoes.

Yeast Muffins. Coffee.

Ripe Fruit.

This is a convenient way to dispose of the remnants of cold roast chicken. Prepare the chicken, and simply heat it in the remaining gravy. If no gravy, heat in a little water, and add butter and a smooth thickening. Use stuffing, if agreeable.

YEAST MUFFINS.

Use the same mixture as for raised waffles, in Breakfast No. 21. Bake in muffin-tins. In cold

weather this mixture may be kept for one or two mornings, and is thought by some an improvement. It is certainly a convenience to have it on hand for both waffles and muffins.

BREAKFAST No. 49.

Oatmeal Mush.

Minced Chicken. Boiled Eggs.

Twin Biscuit.

Coffee. Ripe Fruit.

MINCED CHICKEN.

Chop remnants of chicken very fine. Heat it with a little of the gravy. If no gravy, moisten it with water, and when hot, add a little butter. It should not be too dry or too moist. Serve on a hot platter.

TWIN BISCUIT.

Make a short cake, per receipt in Breakfast No. 12. Roll the dough into a sheet half an inch thick, and cut into rounds with your biscuit-cutter. Lay them one deep on your baking-pan, and just polish the top of each with butter; then lay a bis-

cuit on each of these. By this process they are easily divided. Butter them when eaten. Serve hot.

BREAKFAST No. 50.

Cracked Wheat.

Minced Chicken. Eggs on Toast.

Cold Bread.

Coffee. Ripe Fruit.

This delicate and nutritious breakfast is nice for sick or well. Prepare mince as in Breakfast No. 49.

EGGS ON TOAST.

Break each egg separately into hot water in a flat pan. Cook them till the white concretes. Have toast a nice brown, and barely dip it into hot water for an instant. Do not soak it. Melt your butter by putting it into boiling water. Skim a little butter from the top of the water to the toast. Serve eggs on toast.

BREAKFAST No. 51.

Oatmeal Mush.

Chicken a la Cunard Steamer.

Biscuit (*light as a foam*). Baked Potatoes.

Coffee. Rice Griddle Cakes.

CHICKEN A LA CUNARD STEAMER.

This is a nice bill of fare for a winter breakfast. The joints should be separated, washed in cold water, and boiled tender the day previous. When tender, remove from the liquor and drain dry. Preserve the liquor. In the morning, roll each piece in egg and cracker crumbs, and fry them a nice brown in butter or chicken fat, skimmed from top of the liquor. When fried a nice brown lay on a platter, and keep hot. Now put a cup of milk, half a cup of the liquor and fat into the frying-pan. When hot, add a little smooth thickening, stirring it constantly. Add butter if necessary. Pour this over the chicken and serve.

RICE GRIDDLE CAKES.

One and a half cups of boiled rice.
Two cups of warm, sweet milk.
Two or three eggs.
One saltspoonful of salt.
One teaspoonful of soda.
Two teaspoonfuls of cream-tartar.
Half a pint of flour.

Separate the grains of rice and mix with the milk, to which, if skimmed, add a tablespoonful of melted butter. Beat the yolks and whites separately, then together, which add to the mixture. Mix soda and cream-tartar with the flour and stir to the mixture. If not thick enough, add flour till the right consistency. Wipe the griddle each time you grease it with a dry cloth. These cakes require a longer baking than batter, and should be baked of a smaller size. When served, do not pile them one upon the other, but spread them over the plate. Serve them hot, and of a beautiful brown.

BREAKFAST No. 52.

Broiled Prairie Chickens.

Saratoga Potatoes. Fried Hasty Pudding.

Currant Jelly. Coffee.

Ripe Fruit.

BROILED PRAIRIE CHICKENS.

These are usually tough. To make them tender, steam them and proceed as for broiled chicken in Breakfast No. 45.

SARATOGA POTATOES.

The potatoes should be nice and sliced with a potato-cutter. Two or three good sized potatoes, nicely peeled and cut "thin as a wafer" will make a large sized dish full. When sliced, put them into icy cold water for a few moments to crisp them, then between two cloths to dry them. Use a deep kettle, as the fat is in danger of spattering over when the potatoes are put into it. A Scotch kettle is best, and every housekeeper should have one for frying. Have the fat hot, or the potatoes will soak fat. There should be as much drippings

for frying them as for doughnuts. When a nice brown, remove them from the fat with a skimmer to a dry colander, which should be set in a plate in an open oven. Dredge a little salt over them. Do not cover the dish you serve them in as it makes them soaked and moist. They should be crisp.

BREAKFAST No. 53.

Cracked Wheat.

Stewed Chicken. Macaroni.

Raised Waffles. Coffee.

Ripe Fruit.

STEWED CHICKEN.

Cut the chicken into pieces, wash it in cold water, and cook in just water enough to cover it. When thoroughly done, transfer it to a platter, arranging the pieces tastefully. Stir a little smooth thickening to the liquor. Have ready some macaroni, which has been boiled in a little salted water, put it into the gravy and let it boil a few minutes. Pour this over the chicken and serve.

BREAKFAST No. 54.

Oatmeal Mush.

Turkey Hash. Hasty Pudding Fried in Crumbs.

Cranberry Sauce. Coffee.

Bread-crumb Griddles.

TURKEY HASH.

Chop fine the meat from cold roast turkey. Add enough gravy to moisten it. If you have none use a little butter instead. Heat hot, but do not boil it. Serve on slices of fried hasty pudding.

HASTY PUDDING FRIED IN CRUMBS.

One should try this superior way of frying hasty pudding. Dip each slice into beaten egg and bread or cracker crumbs. Fry a nice brown, on the griddle. For hasty pudding, see receipt in Breakfast No. 3.

CRANBERRY SAUCE.

Pour boiling hot water on the cranberries, and you can easily separate the good from the bad.

Stew them in a very little water till soft. Sweeten to taste. These should be cooked the day before wanted.

BREAD-CRUMB GRIDDLES.

Two cups of stale bread crumbs.
One pint of sweet milk.
One teaspoonful of salt.
One spoonful of creamed butter.
Two eggs.
One cup of flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.

Warm the milk and pour it over the bread crumbs. Let this stand fifteen minutes, when thoroughly beat with the yolks of the eggs. Add the salt and creamed butter, then gradually the flour, with which the soda and cream-tartar have been mixed. If not quite stiff enough cautiously add a little more flour. Lastly, add the whites of the eggs, beaten to a stiff froth.

These cakes require a longer baking than batter cakes, as they are tender and more easily broken. When served, do not pile one over the other, but spread over the plate.

BREAKFAST No. 55.

Hominy and Milk.

Warmed-over Turkey. Warmed-over Potatoes.

Biscuit (*light as a foam*). Coffee.

Ripe Fruit.

WARMED-OVER TURKEY.

This is simply the remnants of cold turkey, heated in the remaining gravy. The stuffing can be added if agreeable.

"COLD POTATOES WARMED OVER."

Cut cold boiled potatoes into slices thick enough not to break easily. Put a little of the turkey gravy into a fry pan, and fry each side a nice brown. If you do not like them browned, simply heat them.

BREAKFAST No. 56.

Broiled Quails.

Buttered Toast. Currant Jelly.

Coffee or Tea. Ripe Fruit.

BROILED QUAILS.

Broiled quail are esteemed a dainty. They are a very savory and nourishing breakfast fare. Split them at the back, wash and lay them in cold water twenty minutes to bleach them. Wipe them dry and broil over a bright fire. Keep the bone side to the fire till hot throughout, only turning a minute at a time to keep it from burning. Baste them with butter. Broil a nice yellow brown all over. Serve them on buttered toast, with a little currant jelly on top of each quail.

BREAKFAST No. 57.

Oven-broiled Quails.

Raised Waffles. **Grape Jelly.**

Cocoa or Coffee. **Ripe Fruit.**

OVEN-BROILED QUAILS.

Try this labor-saving innovation. For oven-broiling the same principles should be observed as for gridiron broiling, — the baking pan must be kept very hot while the meat is broiling. Split the quails at the back. When washed, wipe dry, and lay them as flat as possible, inside down, on the pan. Have the pan dry, that they may broil on the bottom, not steam. Have the oven quick, but not hot enough to burn. Broil till an even yellow brown. Serve hot, on slices of buttered toast, with grape or cranberry jelly.

BREAKFAST No. 58.

Broiled Pigeons.

Raised Muffins. Cranberry Jelly.

Coffee or Cocoa. Ripe Fruit.

BROILED PIGEONS.

Have tender pigeons. Split them at the back, and flatten them gently with a mallet, and broil over a quick fire. When cooked, serve with a generous quantity of butter. Season with salt and pepper to taste.

CRANBERRY JELLY.

Wash and carefully pick over the fruit. Boil in just water enough to cover them. Then strain them through a hair sieve, and sweeten with fine sugar to your taste. Boil this gently and with care ten or fifteen minutes. Mould in cups or tumblers. This receipt is only intended for immediate use.

For raised muffins, see Yeast Muffins.

BREAKFAST No. 59.

Broiled Squabs.

Buttered Toast. Currant Jelly.

Coffee or Tea. Ripe Fruit.

BROILED SQUABS.

Broiled squabs are an esteemed delicacy, and are in great request in the convalescent's room. Wash them, and carefully wipe dry with a clean cloth. Split them down the back and broil in a wire gridiron like chickens. Season with salt and butter when you dish them.

BUTTERED TOAST.

(See Breakfast No. 5.)

CURRANT JELLY.

Put the fruit into a preserving-kettle, and mash it with a ladle. When hot squeeze it through a coarse linen bag. Allow a pound of fine sugar to a pint of juice. Boil the juice five minutes. Have the sugar heated, and while boiling add the hot sugar; stir it well, and boil another five minutes. Remove and put into glasses.

SECTION IX.

FISH BREAKFASTS.

IX.

CLARIFIED DRIPPINGS.

CLARIFY means to make pure or clear. The care of drippings is a very important item in a family, and every housekeeper should know what is done with them. An inexperienced cook will not be acquainted with the various ways of preventing them from being wasted, and if experienced may not be inclined to take the trouble unless she is looked after. Then there are families who look upon drippings as unfit to use, and consign them to the waste fat. When properly taken care of, they are more wholesome than lard for frying. Many persons quite unable to eat articles of food fried in lard find no inconvenience from those fried in drippings, and they are more convenient than lard for frying as they do not splutter and spatter over the frying-pan.

To clarify your drippings or gravy, pour them from the meat-pan into a bowl, instead of the crock in which you intend to keep them. Then pour into the bowl a little boiling water. Stir it, and

set it away to cool. Next day, or when cold, remove the cake from the bowl, scrape from the bottom of it the impurities, put it into a saucepan with a little salt and boiling water. Let it set half an hour over a moderate fire and simmer. Do not hurry it, or it may acquire a burnt taste, which you cannot get rid of, and its pureness is spoiled. Skim during the process. When cold, remove from the water and dregs, scraping off whatever adheres to it that looks foreign. Melt this cake again, as this melting sends out all the water. When free from water it will not taint, neither spatter, and will keep for months in a cold place. Strain it through a sieve, and do not cover or put it away till hard. Keep it in a stone crock, well covered.

Earthen absorbs fat, and it becomes tainted, smells disagreeably, affecting the flavor of newly-added fats, and of whatever is cooked in it. How often you see warmed-over potatoes spoiled by keeping the fat in earthen which is soaked with it. No matter how clean your earthen vessel is,—you cannot scald out the old and tainted fat it has absorbed. Beware of tainted bowls, they are poisonous, and should be appropriated to the dirt barrel. Do not pour fat that has been used for frying to the crock that keeps the cakes, but have

one for each. Always let fat that has been used pass through a fine strainer when you return it, else the sediment will spoil the next frying.

CLARIFIED BEEF SUET.

Where frying is very popular, drippings do not meet the demand, which makes it necessary to buy beef suet. This also needs rendering, to clear it from skin and veins. The parts around the kidneys are best. Cut in small pieces, and proceed as for trying lard. Cool in small cakes.

THE PRINCIPLES OF FRYING FISH.

Fried fish is very popular and often very convenient, yet very badly performed by many, and has more failures than any othar cooking operation.

Although the fishmonger is supposed to have his fish clean, yet a clean cook will always rewash it. When washed, wrap them in a clean dry cloth, to make them perfectly dry. When the cloth has absorbed all the moisture, thickly dredge the fish with flour, fine oatmeal, or fine crumbs. If crumbs, they must be fine, or herein lies a failure. Coarse crumbs are liable to drop off, and take with them

the fine ones. When salted and dredged, lay on a platter in readiness for frying.

Have a clear and brisk fire. Be sure that your frying-pan is perfectly clean. In frying fish be particular not to use drippings that are not fresh. They will ruin the fish if they have been used for anything else. More fat is required for frying fish than for other meats. The drippings must literally boil, smoke, and appear on the point of burning when the fish is put into it, which at once hardens the surface of the fish, so that the fat cannot penetrate, and you may feel assured that your fish will not soak fat, neither will it stick to the pan or break. Many suppose if fat bubbles in the pan it is hot enough; but this is not so, and those are nearest to the truth who do not drop their fish into the fat until it smokes. Fish will be crisp and of a golden brown when the fat is of the right temperature.

Have your pan sufficiently large for the fish to lay flat on it. If cutlets, do not crowd them. Be careful not to burn fish or fat. Lastly, bear in mind that if fish is thrown into the pan with unmelted or partly heated fat it will be spoiled, and so soaked with fat that it will be unsafe to eat it, for it will surely sicken the stomach. If you fail, there are four reasons for it. Either you did

not have fat enough or it was not hot enough, or your fish not wiped dry enough, or your crumbs not fine enough. Closely observe these suggestions, and failure will not occur.

BREAKFAST No. 60.

Crushed Wheat.

Broiled Salmon Steaks. Baked Potatoes.

Parker House Biscuit. Dressed Cucumbers.

Coffee and Fruit.

Salmon is clad in the livery of scales and fins which the law of the great naturalist requires to ensure its wholesomeness. It ranks No. 1 among epicurean delicacies, and is accorded a place of honor on every table in the land.

BROILED SALMON STEAKS.

It is a very nice operation to broil salmon without burning, and none but the skilful should attempt it. Many consequently prefer baking or oven-broiling. Be sure your gridiron is clean and hot. Have a clear but not too hot fire. Broil a light brown. Season with butter and salt.

CUCUMBERS

Harmonize with salmon. (For particulars, see Breakfast No. 9.)

BREAKFAST No. 61.

Oatmeal Mush.

Canned Salmon with Cream Sauce.

Buttered Toast. Dressed Lettuce and Celery.

Coffee and Griddle Cakes.

CANNED SALMON WITH CREAM SAUCE.

Canned Salmon can be kept in the house, and in case of emergency a fine breakfast can be produced in a few minutes. It should be heated, seasoned to taste, placed on butter toast, and a cream dressing poured over it.

For drawn butter or cream dressing, incorporate two spoonfuls of butter with half a teaspoonful of flour. Add to this a cupful of boiling water, and boil two minutes, stirring continually.

DRESSED LETTUCE AND CELERY.

Lettuce and celery mixed together are very nice. Cut both very fine. Dress them with sugar and

lemon juice, diluted with a little water. The acid of lemon is a much pleasanter adjunct than vinegar.

BREAKFAST No. 62.

Cracked Wheat.

Fried Trout. Baked Potatoes.

Soda Muffins. Coffee.

Ripe Fruit.

FRIED TROUT.

Trout are of the genus of salmon. Small trout are best fried. They should be washed, wiped dry, egged, rolled in salted flour, and fried in butter. Serve them with plain melted butter, and garnish with parsley.

SODA MUFFINS.

One quart of flour.
One heaping teaspoonful of soda.
One teaspoonful of salt.
A heaping dessert-spoonful of butter.
Two or three eggs.
One pint and a half of sour milk.

Sift salt and soda with the flour. Cream the butter. Beat the eggs, yolks and whites separately, then together. Add the butter to the middle of the flour, then the eggs; lastly, pour in the milk, and beat all to a light batter. Fill muffin or cake-pans nearly two-thirds full, and put them into a quick oven instantaneously.

BREAKFAST No. 63.

Cracked Wheat.

Fried Smelts. Baked Potatoes.

Breakfast Twists. Coffee and Griddle Cakes.

FRIED SMELTS.

Smelts are classed by naturalists with the salmon family. They are included among wholesome fish. They make a delicate breakfast, and are called "the dainty of Boston."

The nicest and only way is to fry them. Open them at the gills and press out the insides. Some cooks do not remove the inside, but they should, for the same reason done to other fish. Wash them clean, wipe them dry, roll them in meal or egg-crumbs. Have your fat boiling hot when the

fish are put into it. Do not sprinkle them with salt until they are nearly done, as they will not brown as well if salted at the first. Do not crowd them, or they will not be crisp and brown; and unless served immediately they lose their crispness and flavor. Lay them on a cloth when evenly done, for the fat to drain, then serve quickly.

BREAKFAST TWISTS.

For breakfast twists prepare your dough the same as for biscuit in Breakfast No. 2. Cut from the dough three pieces as large as a coffee-cup. Roll each piece under your hand on a floured board to twelve inches in length, making it smaller in circumference at the ends than in the middle. When each piece is rolled, join one end to each of the other two, and braid them loosely together the length of the roll. Press the ends together firmly, brush them over with milk, and let them rise twenty minutes. Set them in a quick over, and bake thirty minutes. They can be made smaller if desired.

GRIDDLE CAKES.

Select either of the foregoing griddle cakes that you fancy.

BREAKFAST No. 64.

Hominy and Milk.

Broiled Halibut. Baked Potatoes.

Biscuit (*light as a foam*). Coffee.

Watermelon.

Halibut, turbot, flounders, and plaice are all of the family of flat fish. They each bear the character of great excellence as food.

HALIBUT STEAKS.

There is no nicer fish for breakfast than broiled halibut steaks. If sprinkled with salt an hour before being cooked, they will broil without breaking. Have them dry, and broil over a clear fire. With like effect, they can be oven-broiled. When cooked, season with butter and serve.

WATER-MELON.

The melon, like other cool juicy fruits of the hot season, is for use. It is especially valuable at this season with those whose diet is largely meat.

It is more of a drink than food, the greater part being pure water. From this melon you get a drink entirely free from adulteration.

BREAKFAST No. 65.

Hominy and Milk.

Halibut a la Creme. Breakfast Puffs.

Baked Potatoes. Coffee.

Ripe Fruit.

HALIBUT A LA CREME.

Flake the remains of cold boiled or baked halibut. Remove all the skin and bones. Scald a pint of sweet milk, or enough for the quantity of fish. Mix butter the size of an egg with a teaspoonful of flour. Stir this smoothly into the hot milk for a dressing. Let this heat till it thickens. Be careful not to scorch it. Butter an earthen baking-dish. Put into it a layer of fish, then of the dressing, and alternate till all is used, with the dressing on the top. Sprinkle sifted bread crumbs over the top. Bake twenty minutes.

BREAKFAST PUFFS.

(See Breakfast No. 28.)

BREAKFAST No. 66.

Cracked Wheat.

Fried Flounders. Baked Potatoes.

Raised Waffles. Cucumbers.

Coffee.

FRIED FLOUNDERS.

Flounders are a delicious fish, and when fried in perfection are not to be disdained even by a *bon vivant*. They should be fried brown in a plenty of drippings, and if the fat is hot enough they will absorb nothing at all. They may be fried whole, which is preferred by some, or they may be detached from the bone and cut in quarters.

RAISED WAFFLES.

(See Breakfast No. 21.)

BREAKFAST No. 67.

Cracked Wheat.

Broiled Shad. Saratoga Potatoes.

Biscuit (*light as a foam*). Coffee.

Ripe Fruit.

BROILED SHAD.

Shad belong to the scaly family, and are armed with fins. This delicious fish is undoubtedly best broiled. It should be fresh caught. Wash, sprinkle with salt, and put into a wire gridiron. Set over a clear fire, skin side down first. When beginning to cook through, turn and finish on the flesh side. Have it an even, nice brown. Serve on a hot platter, and butter liberally.

SARATOGA POTATOES.

(See Breakfast No. 52.)

BISCUIT, LIGHT AS A FOAM.

(See Breakfast No. 3.)

BREAKFAST No. 68.

Cracked Wheat.

Little Perch (*fried*). Cream Muffins.

Saratoga Potatoes. Coffee.

Ripe Fruit.

FRIED PERCH.

Perch is a fresh-water fish, abounding in rivers, lakes, and ponds. They are clad with scales and fins. Clean and dry them well in a cloth, then roll them in salted meal. Fry them in a plenty of sweet drippings. Serve them quickly, with crisp parsley.

CREAM MUFFINS.

One quart of sifted flour.
One teaspoonful of salt.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
Three or four eggs.
Nearly a pint and a half of rich sweet cream.

Mix salt, soda, and cream-tartar with the flour. Beat yolks and whites separately, then together,

and pour them into the middle of the flour. Lastly, add the cream, which must be thick, and real cream. Bake in muffin-pans. Send to the table the moment they are done.

BREAKFAST No. 69.

Whole Wheat and Milk.

Turbot a la Cream. Bread Muffins.

Cocoa or Coffee. Ripe Fruit.

TURBOT A LA CREME.

This is usually made from boiled turbot, which has been previously served for dinner. Remove all skin and bones, and flake it. Scald a pint of sweet milk. Mix butter the size of an egg with a teaspoonful of flour. Stir this smoothly into the hot milk, and let it thicken. Butter a fire-proof earthen dish. Put into it, first, a layer of fish, then of dressing. Continue the alternation until all the fish is used, with dressing last. Sprinkle sifted bread crumbs over the whole, and bake half an hour, or according to the size. Any boiled fish may be served thus.

BREAD MUFFINS.

Two cupfuls of finely-grated bread.
One pint and a half of sweet milk.
Three eggs.
One teaspoonful of salt.
One cupful of flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.

Pour the milk to the bread crumbs, and let them soak half an hour. At the end of this time beat the yolks of the eggs, and with the salt stir into the mixture. Mix soda and cream-tartar to the flour and add. If not thick enough for a muffin mixture add more flour cautiously. Lastly, add the whites of the eggs, which have been beaten to a stiff froth. Bake in muffin or puff-pans. Fill them a little more than half full. These require a longer baking than all batter. Have them a nice brown, and send to the table while hot.

BREAKFAST No. 70.

Hominy and Milk.

Broiled Scrod. Baked Potatoes.

Flannel Cakes. Coffee.

Ripe Fruit.

BROILED SCROD.

Have a small codfish split and the back-bone taken out. Wash in cold water, and wipe dry. Put in a wire broiler, with skin side down. Set it over a clear fire, and when beginning to cook through, turn and broil the flesh side. Season with butter and serve.

FLANNEL CAKES.

One cup of corn meal.
Two cups of flour.
Two cups of sweet milk.
One-third of a cake of compressed yeast.

Add salt, and rise over night. In the morning, add one egg, well beaten. Thoroughly beat the whole and rise half an hour. Bake in Washington pie plates.

BREAKFAST No. 71.

Oatmeal Mush.

Broiled Fresh Mackerel. Raised Biscuit (*light as a foam*).

Baked Potatoes. Coffee.

Ripe Fruit.

Mackerel has a smooth skin, covered with a multitude of small, smooth scales, and is armed with fins, which class it with wholesome animals.

BROILED FRESH MACKEREL.

Clean and be careful to remove all the thin, black skin from the inside. Sprinkle the inside with salt, and keep in a cool place till you use it. Then wash off the salt with cold water, and wipe dry. Put it into a wire broiler, with the skin side to the fire first. When the skin is well heated and begins to parch, turn it, and broil the inside to a delicate brown. Lay on a hot platter when done, butter it, and serve at once.

BREAKFAST No. 72.

Oatmeal Mush.

Broiled Salt Mackerel. New-England Johnny-Cake.

Baked Potatoes. Coffee.

Ripe Fruit.

BROILED SALT MACKEREL.

When cleaned, freshen them in at least a gallon of cold water over night. In the morning pour off the water, drain, and soak them one hour in milk enough to cover them. Before broiling, drain them, and wipe dry. Put them into a wire broiler and proceed as for fresh mackerel in the foregoing breakfast. Or, bake them in a moderate oven, and to two mackerel allow a cupful of milk. Bake in the milk. Some think this an improvement on fried or broiled salt mackerel.

NEW-ENGLAND JOHNNY CAKE.

Two cupfuls of sour buttermilk.
One egg.
One teaspoonful of salt.
One teaspoonful of soda.

Stir enough Indian meal into the buttermilk to make a thin batter. Add the salt and the egg well beaten. Dissolve soda in a little warm water, and mix through the batter. Be sure to have it thin, so that it can almost run. Bake in shallow pans. If it is not light, it is because you made it too thick with Indian meal.

BREAKFAST No. 73.

Oatmeal Mush.

Fried Codfish Steaks. Baked Potatoes.

Indian Sponge Cake. Coffee.

Ripe Fruit.

FRIED CODFISH STEAKS.

Cod, haddock, and hake are related. 'Tis said that no more nourishing fish comes to the market than cod. The skin of the cod is covered with small, soft scales, and its fins are of a large size, which are its symbol of wholesomeness. Have you ever tried codfish steaks for breakfast? Dredge them in corn meal, and fry in a plenty of hot drippings, taking care that they have time enough to thoroughly cook through the thickness. They are a very nice breakfast.

BREAKFAST No. 74.

Cracked Wheat.

Fresh Fish Mince. Squash Biscuit.

Coffee. Crumb Griddles.

Ripe Fruit.

FRESH FISH MINCE.

The boiled fresh fish that is left from dinner makes a nice mince for breakfast. Reject the skin and bones; shred it fine or coarse with a fork, and use the same quantity of sliced cold potatoes. Moisten it with gravy or water, cover, and heat. When done, add a little butter and serve.

SQUASH BISCUIT.

(See Breakfast No. 8.)

CRUMB GRIDDLES.

(See Breakfast No. 54.)

BREAKFAST No. 75.

Cracked Wheat.

Fricassee of Tongues and Sounds.

Biscuit (*light as a foam*). Baked Potatoes.

Coffee. Ripe Fruit.

COD TONGUES AND SOUNDS.

Soak them in warm water and scrape them thoroughly. This should be done the night previous to breakfast. In the morning stew them ten minutes in just milk and water enough to cover them. When about ready, incorporate a little flour with as much butter as is needed, which stir into the liquor, and let it come to a boil. Pour this over the tongues and sounds. These make a very acceptable breakfast.

BREAKFAST No. 76.

Cracked Wheat.

Codfish a la Shaker. Sponge Corn Cake.

Baked Potatoes. Coffee.

Ripe Fruit.

CODFISH A LA SHAKER.

Shred uncooked salt fish in pieces about an inch in size. Put them into a tin pan, adding hot water enough to deeply cover the fish. Keep this at a boiling point for three-quarters of an hour. Be very careful not to let it come to a boil. Boiling salt fish toughens it; but when cooked in hot water it can be made tender as chicken. When soaked the specified time, drain off all the water, adding more boiling water, more or less, to make it the moisture you like. Into a heaping spoonful of butter incorporate a little flour. Stir this to the fish, keeping it hot enough for the flour to cook. If to your taste, add a beaten egg at the same time, allowing time for it to cook.

For sponge corn cake, see receipt in Breakfast No. 9.

BREAKFAST No. 77.

Oatmeal Mush.

Codfish a la Shaker, *with* Dropped Eggs.

Sponge Corn Cake Muffins.

Coffee. **Ripe Fruit.**

CODFISH A LA SHAKER.

Prepare the fish as in Breakfast No. 76. Do not have it very juicy in this case. When sufficiently cooked, dish it on a platter and keep hot. Drop the number of eggs needed into boiling water, being careful to keep them in shape, and as soon as the whites are set, carefully place them on the fish. Garnish with parsley. This unpretending breakfast is very palatable, and a very convenient one in cases of exigency, as most people have the articles used on hand.

DROPPED EGGS.

(See Breakfast No. 1.)

MUFFINS.

(See Indian Sponge Cake, Breakfast No. 9.)

BREAKFAST No. 78.

Oatmeal Mush.

Minced Fish and Potatoes. Sponge Corn Cake.

Cucumbers. Coffee.

Ripe Fruit.

MINCED FISH AND POTATOES.

What is left from dinner is usually used for minced fish. Pick out all the bones and skin the day the fish is cooked, as salt fish is not so pliable when cold and easier shredded when warm. Chop fine. Do not mash, but chop evenly and fine the potatoes. Mix both evenly together in the morning, also chop potatoes in the morning. Allow more or less potato than fish, as you fancy. Cover the bottom of the spider with melted butter, then pour in the fish and potato. Add enough milk to moisten the mixture, but add it without stirring. If you want a brown crust to form on the bottom, do not stir it at all, but keep it covered. Be careful that it does not burn. When done, add butter; mix carefully, not disturbing the crust. Loosen the crust with a knife. Have it turn out a nice

brown, with the crust side up, or you can fold it as you do an omelet.

If you do not prefer a crust, you need not be cautious about disturbing the mixture from the bottom, but stir it the usual way.

BREAKFAST No. 79.

Oatmeal Mush.

Baked Minced Fish and Potatoes.

Brown Bread Brewis. Sweet Pickled Beets.

Coffee. Ripe Fruit.

BAKED MINCED FISH AND POTATOES.

This is an elegant dish of fish and potatoes, when gotten in good taste. Prepare fish as in Breakfast No. 78. Add butter, milk, and one raw egg. Mix all together. Be careful not to get the mixture too moist. Butter a round tin pan, then sprinkle it with fine bread crumbs. Fill the pan, cover it, and bake till brown on the bottom and sides. Turn it on a platter when done, and retain the form, if possible.

BROWN BREAD BREWIS.

Take crusts and pieces of brown bread. Cover them with milk, and simmer three-quarters of an hour. Just before served, add a little butter and salt.

BREAKFAST No. 80.

Cracked Wheat.

Fish Balls. Brown Bread Toast.

Spiced Peaches. Coffee.

Ripe Fruit.

FISH BALLS.

In New-England these are a well-known and an honored dish. Mince fine boiled salt fish, after every vestige of bone and skin are removed. Mash, not chop, fresh boiled potatoes. Have more potato than fish, or they will not unite well. Work both into a united mixture by adding butter. Some think a beaten egg an improvement. Flour your hands, and make the mixture into little flat cakes. Dredge them. Fry as doughnuts in boiling hot drippings. Take them out with a skimmer, and lay them on a strainer that the fat may drain off. Send to the table on a hot platter.

BROWN BREAD TOAST.

Brown bread requires longer toasting than white bread. When nicely toasted, dip into melted butter mixed with a little hot water.

SPICED PEACHES.

Although not decided and positive enough to suit most palates, yet there are those who admire them. If you do not keep sweet pickles on hand, take a few preserved peaches, and to some of the syrup add spices and vinegar. This is sometimes a convenience to use a superabundance of preserves. Any preserve can be served in this way.

BREAKFAST No. 81.

Cracked Wheat.

Broiled Salt Fish. **Baked Potatoes.**

Boiled Eggs. **Corn Meal Crumpets.**

Coffee.

BROILED SALT FISH.

This is a nice breakfast for an emergency. Cut from the thickest part of the fish a square. Cover

it with boiling hot water, and soak in a warm room over night. In the morning pour off this water, and if you suspect that it has not freshened sufficiently add hot water again, and set it on the back of stove for ten minutes. The application of hot water will make the fish more tender than cold water. Wipe the fish dry, and broil over a clear fire. Butter when done, and serve hot.

CORN MEAL CRUMPETS.

Two cupfuls of sour milk or buttermilk.
One heaping spoonful of flour.
One egg, well beaten.
One teaspoonful of sugar.
One saltspoonful of salt.
One teaspoonful of soda.

Add Indian meal enough to make a batter of the right consistency. Dissolve soda in a little warm water, and mix to the batter. Try a spoonful on the griddle before you bake them, so that you may add more flour if too thin, or more milk if too thick. Serve hot as fast as you bake them. Do not pile one on the other.

SECTION X.

EGG BREAKFASTS.

X.

EGGS.

Eggs contain a great deal of nutriment in a small compass, and possess all the properties necessary to develop animal life.

BREAKFAST No. 82.

Oatmeal Mush.

Boiled Eggs. East-wind Gems.

Family Bread. Coffee.

Strawberries.

BOILED EGGS.

I have already given the most popular method for boiling eggs in Breakfast No. 7, but would add that a wire basket for boiling them is a great improvement. Carefully place the eggs in the basket before putting them into the hot water, and there will be no danger of cracking them. Boil to suit your guests.

EAST-WIND GEMS.

It is not known whether these hygienic breakfast cakes are of the days of unleavened bread, or a modern invention. You need not fear the east wind they may have imbibed, for the hot oven counteracts its mischievous influence, and they are not only hygienic, but taste good. Their fibre is like nut meats, and you will enjoy giving the teeth just the exercise they need when you are eating them.

You are supposed to have baking-irons for these gems, else you had better not attempt them. Take very cold milk and water, half and half. Stir in Graham and white flour, half and half, little by little, until you have a batter that will drop from the spoon and not run. It must be stirred rapidly, lightly, and thoroughly, the more the better, to incorporate a large amount of air and insure lightness. It needs a strong arm to carry this into effect.

Have the gem-pans ready hot in a hot oven. This you must be sure about to secure light gems. Drop the batter into the hot irons while in the oven, or if you are very quick take the irons out for convenience. They require a quick oven to bake them, else you lose the air they have taken

in, which is a nice point to determine, for the oven should bake as fast as it can without burning.

If you don't succeed this time try again, — keep trying and don't give it up. Make your batter a little thinner or thicker, your oven a little slower or quicker. There is a way, you may feel sure, and if you keep trying you will find it out, and will be likely to repeat your success often. When these culinary curiosities are in perfection they are light and puffy, and you have pure unleavened bread, with no taste of "emptyings" or soda.

BREAKFAST No. 83.

Cracked Wheat.

Scrambled Eggs. Cream Muffins.

Cold Bread. Coffee.

Ripe Fruit.

When scrambled eggs are served for breakfast, guests should be in readiness betimes, as their immediate consumption is one of the conditions of their perfection.

SCRAMBLED EGGS.

Break five or six eggs into a bowl and beat for one minute. Heat the frying-pan. Melt a table-

spoonful of butter, with a saltspoonful of salt, and pour in the eggs. Begin at once to stir to and fro from the bottom, as the egg hardens there first. Keep all the egg stirred together, till there is no liquid, but a delicate mixture of white and yellow, moist but not running, that will heap on a dish. When just right, turn quickly into a dish and serve. If left in the hot pan it will go on hardening, and is not fit to be served.

CREAM MUFFINS.

(See Breakfast No. 68.)

BREAKFAST No. 84.

Cracked Wheat.

Poached Eggs. **Breakfast Twists.**

Baked Apples. **Cocoa au Lait.**

Ripe Fruit.

POACHED EGGS.

In Breakfast No. 2 are directions for poached or dropped eggs. Bear in mind that the water for poached eggs must be at the boiling point when the eggs are dropped into it, and cooked without

boiling until a white coating is formed, through which the yolks are visible.

COCOA AU LAIT.

Is simply half cocoa and half milk. Boil half a pot of cocoa sufficiently, and while boiling hot fill the pot with hot milk. Do not boil the milk. Boiled milk gives it an unpleasant flavor. Delicious.

BREAKFAST No. 85.

Oatmeal Mush.

Baked Eggs. **Minced Lamb or Veal.**

Breakfast Twists. **Coffee.**

Ripe Fruit.

BAKED EGGS.

Butter liberally a baking-pan the size you need for the number of eggs. Fill in as many muffin-rings as you have eggs. Break each egg into a cup, and when the butter is hot pour the eggs gently into the rings. Bake in a moderately quick oven until the whites are cooked. When done,

lay them on the mince. These are much more delicate than fried eggs.

BREAKFAST TWISTS.

(See Breakfast No. 63.)

BREAKFAST No. 86.

Oatmeal Mush.

Fried Eggs. Frizzled Beef.

Fried Hasty Pudding. Coffee.

Ripe Fruit.

FRIED EGGS.

Have ready a fry-pan with boiling drippings enough to cover an egg when broken into it. Break each egg into a cup, and pour one at a time into the hot fat. Do not crowd them. Three or four are enough to fry at a time. As soon as the white is set, with a spoon dip the hot fat repeatedly over the eggs. This will prevent the necessity of turning them, which cannot be done without spoiling the beauty of the eggs. Take them up with a perforated ladle, and serve quickly. If preferred, they can be dropped into muffin-rings, as for dropped eggs.

FRIZZLED BEEF.

Half a pound of smoked beef, shaved very thin, and just heated in a tablespoonful of butter.

OMELETS.

A heavy and scorched omelet is not fit to be served. To know just how to create this popular breakfast dish, and get it to the table so that it will be succulent, juicy, and soft as cream inside, with fine and firm outside, requires a little practice to make one perfect.

They should be cooked in a pan made on purpose, for a large frying-pan allows the omelet to spread too much, and a certain thickness secures the softness of the inside. Fry them only on one side. When the under side is done or browned, and the upper side brought to a moderate consistency, the brown side is to be folded once, or in three, as you fancy.

There are a multitude of receipts for omelets, but the principles are the same for all, the difference being only in the flavoring. Allow from three to five eggs for an omelet; but never over five for a single one, as they do not work well. If more

eggs are required, two or three omelets should be made. For breakfast, they are more delicate without flavoring.

BREAKFAST No. 87.

Cracked Wheat.

Plain Omelet. Split Bannock Toast.

Strawberries. Coffee or Cocoa.

This is a dainty breakfast when gotten in perfection and eaten instantaneously. Guests should be notified that omelet is a fleeting pleasure, and unless eaten at the right moment, its goodness is lost forever.

PLAIN OMELET.

Four fresh eggs.
Four tablespoonfuls of cream,
Or milk.

Break the eggs into a bowl. Beat them slightly; just long enough to mix them and no more. Allow a tablespoonful of cream or milk to each egg, and beat together. Do not salt them, as it will flatten the omelet. When nearly ready, have

the pan set on the fire. Put into it about an ounce of butter, which is a rounded tablespoonful. Be careful not to let the butter brown. As soon as it is hot, pour in the omelet. When it sets or begins to cook, raise it often with the blade of a knife, to let the air and butter pass in, which keep it from burning. If the heat is right, the whole mass will puff up and cook in a minute.

It is not necessary to wait till the whole is solidified, as its heat will finish cooking it after it has left the pan. When it ceases to be a liquid, turn one half upon the other, on a hot plate. Serve instantaneously. Hot plates are an absolute necessity. If your omelet is perfect, you will find a porous material when you put a silver knife into it.

Obs. — An omelet fried in chicken or turkey fat is much whiter and nicer than when fried in butter. Turkey and chicken drippings should be clarified the same as beef drippings.

SPLIT BANNOCK TOAST.

(See Short Cake Toast, Breakfast No. 12.)

BREAKFAST No. 88.

Cracked Wheat.

Bread Omelet. Raised Muffins.

Stewed Prunes. Cocoa au Lait.

Ripe Fruit.

This moderate yet dainty breakfast when artistically achieved is warmly greeted at the breakfast table.

BREAD OMELET.

One cup of bread crumbs soaked in four spoonfuls of milk, then beaten soft. Four or five eggs beaten till you can dip up a spoonful. Mix all together. Moisten the bottom of the pan well with butter, and when hot pour in the omelet. Fry a nice brown. Turn one half over the other, and serve quickly.

RAISED MUFFINS.

(See Breakfast No. 48.)

COCOA AU LAIT.

(See Breakfast No. 84.)

BREAKFAST No. 89.

Cracked Wheat.

Corn Omelet. Raised Waffles.

Family Bread. Cocoa au Lait.

Ripe Fruit.

CORN OMELETS.

A dainty omelet this when gotten in perfection. Boil three ears of tender corn. When cold, grate them fine. Beat four or five eggs, yolks and whites separately. Add one gill of milk or cream to the yolks; then stir them to the corn. Whisk the whites dry, and lightly stir them through the mixture. Make some butter hot in the frying-pan, and pour the omelet into it. Fry a light brown. Fold the usual way, and serve immediately.

RAISED WAFFLES.

(See Breakfast No. 21.)

BREAKFAST No. 90.

Oatmeal Mush.

Baked Omelet. **Cream Toast.**

Strawberries. **Coffee or Cocoa.**

BAKED OMELET.

This is a very convenient omelet, because it does not engross the attention while cooking, like the ordinary omelet, and is a handsome as well as satisfying dish for breakfast. Beat four or five fresh eggs. Add two cupfuls of cream or milk, and stir thoroughly together. Pour the omelet into a buttered earthen pudding-dish, and bake as you would a custard, till firm. When done, invert the omelet on another dish suited to its convenience. Serve quickly.

CREAM TOAST.

(See Breakfast No. 40.)

BREAKFAST No. 91.

Cracked Wheat.

Excelsior Omelet. Huckleberry Short Cake.

Coffee. Fruit.

EXCELSIOR OMELET.

This breakfast, when in perfection, will entertain the most fastidious. If you are given to attempting omelets, be wise betimes, and suggest to your guests that they delay not this omelet by lingering; for this is uncertain like all others, and does not wait. Beat together yolks and whites of five fresh eggs, until you can dip them up with a spoon. Stir to this one and a half cups of new milk. When mixed, pour into a well buttered spider already on the fire. Now you do not manage this like the ordinary omelet; but with a spoon instead of a knife you toss it from the bottom as the egg "sets." Do not toss or dissever it too much, but when done, have it look like broken custard. When there is no liquid to the egg, turn it quickly into a warm dish, and serve directly. Salt, butter, and pepper, individually applied. Warm plates desirable.

SECTION XI.

CROQUETTE AND SAUSAGE BREAKFASTS.

XI.

CROQUETTES.

"GATHER up the fragments that remain, that nothing be lost."

This text is quite opportune for those housekeepers who do not appreciate the odds and ends of food. There are not a few spendthrift housekeepers, who never trouble themselves about a stale loaf of bread, clean and sweet pieces of meat, except to consign them to "the waste," but who must have whole and new materials to start each meal. Others are content with an unsightly dish, rather than exercise their taste and ingenuity in making a handsome breakfast dish from homely pieces of food. A sensitive and delicate stomach is often affected through the day when disappointed of breakfast by an unsightly dish, — out of all order and shape, — served on the same dish on which served before, — a dish of ragged butter and broken bread, that had been handled at a previous meal; and for the final dish muddy and unsettled coffee. Such a breakfast is anything but appetizing, and to some persons absolutely sickening.

Yet there are those who can produce a handsome breakfast from the fragments left from dinner the previous day. This economy is practised quite as often in homes where economy is not a matter of necessity, as where it is necessary, and such breakfasts are just as appetizing as new food when gotten in a tasteful manner; but when served indifferently are a sheer waste.

There are various ways of reconstructing food to gladden the stomach, among which croquettes should hold a place, for they are practical and satisfactory. These little culinary productions can be made of fragments of cold chicken, turkey, lamb, veal, game, fish, potato, and rice. Cold veal and chicken are especially nice for croquettes. An economical and tasty housekeeper can reproduce, from uninviting fragments, a handsome breakfast dish of croquettes.

BREAKFAST No. 92.

Oatmeal Mush.

Veal Croquettes. Potato Croquettes.

Graham Griddle Cakes. Stewed Prunes.

Coffee.

VEAL CROQUETTES.

Divest of skin and gristle the remnants of cold roast or stewed veal. Chop them fine, adding a quarter as much bread crumbs as meat. Allow one beaten egg to two cupfuls of the mixture, to bind it together. If needed, add a very little milk, cream, or gravy to moisten it. When mixed, season to taste, mould into pear shape, roll in egg and cracker crumbs, and place in a buttered bake-pan. Bake each side a nice brown in the oven; or put them into a frying basket and fry in hot drippings.

POTATO CROQUETTES.

When you have prepared more mashed potato than is needed for dinner, it is very convenient to utilize it for breakfast in croquettes. Cut into

squares, oblongs, or rounds, about three-quarters of an inch thick, or thick enough to give them the desired strength. Grease the bottom of a baking-pan with sweet drippings, and place them in the pan so they will not touch each other. Bake them a nice brown. Brushing them over with a beaten egg when they begin to brown, except on the bottom, improves their appearance; or you can make into balls or rolls, and fry in boiling fat. These should be egged and crumbed.

GRAHAM GRIDDLE CAKES.

(See Breakfast No. 44.)

STEWED PRUNES.

(See Breakfast No. 12.)

BREAKFAST No. 93.

Cracked Wheat.

Chicken Croquettes. Breakfast Twists.

Green Corn Griddles. Coffee.

Ripe Fruit.

CHICKEN CROQUETTES.

Chicken croquettes are especially nice and delicate. They are prepared the same as veal croquettes in Breakfast No. 92.

GREEN CORN GRIDDLES.

Two cupfuls of finely-grated tender corn.
Two cupfuls of sweet milk.
Three eggs; a saltspoonful of salt.
One heaping teaspoonful of butter.
Half a teaspoonful of soda.
One teaspoonful of cream-tartar.

Warm the milk, beat the eggs, cream the butter, and with the salt add to the corn. Mix soda and cream-tartar with half a cup of flour, and stir into the mixture. Lastly, stir in flour enough to make a griddle batter. Bake on griddle.

BREAKFAST No. 94.

Cracked Wheat.

Turkey Croquettes. **Fried Potatoes.**

Biscuit (*light as a foam*). **Cranberry Sauce.**

Coffee.

TURKEY CROQUETTES.

Prepare them the same as chicken croquettes for Breakfast No. 93. Serve them in a heated dish garnished with parsley.

FRIED POTATOES

Are an agreeable companion to turkey croquettes. Slice raw potatoes a little thicker than for Saratoga potatoes. Soak them in cold water for half an hour, then drain and dry them in towels. When dry, put them into hot drippings, seasoned with a little of the turkey fat. Do not pack them together, but have the slices separate. Fry them a light brown in a spider. Drain them from the fat, and serve hot.

BREAKFAST No. 95.

Cracked Wheat.

Mutton or Venison Croquettes.

Rice Croquettes. Currant Jelly.

Raised Waffles. Coffee.

VENISON OR MUTTON CROQUETTES.

Mince fine remnants of mutton or venison. The lean only is used, throwing out all the skin and tough portions. Add one-eighth as much fine bread crumbs as there is meat, and one beaten egg to bind the mixture together. Add a teaspoonful of currant jelly to a cupful of meat, which

stir well into the mixture. If moisture is needed, use a little of the gravy or sweet milk. Make into rolls, and bake a nice brown.

RICE CROQUETTES.

(See Breakfast No. 25.)

RAISED WAFFLES.

(See Breakfast No. 21.)

BREAKFAST No. 96.

Oatmeal Mush.

Roast Beef Croquettes. Yeast Indian Cake.

Sweet Pickled Plums. Coffee.

Ripe Fruit.

ROAST BEEF CROQUETTES.

Great care should be taken to pick out all the gristle and skin from the beef. When chopped fine, add one-quarter as much of fine bread crumbs and a well beaten egg. Work the mixture all together and form into rolls. Brown in the oven.

YEAST INDIAN CAKE.

To two cupfuls of Indian meal, two cupfuls of flour, one gill of yeast, one heaping tablespoonful

of sugar, one teaspoonful of salt, add warm water enough to make a thick batter. Rise over night. Bake in shallow pans.

SWEET PICKLED PLUMS.

Prepare the same as spiced peaches in Breakfast No. 80. Use spices more or less, at your own discretion.

BREAKFAST No. 97.

Cracked Wheat.

Fish Croquettes. Breakfast Puffs.

Dressed Cucumbers. Coffee.

Ripe Fruit.

FISH CROQUETTES.

Mince fine the fragments of boiled or baked fresh fish, from which the bones and skin have been removed. Take one-third as much mashed potato, a very, very little melted butter, a beaten egg, or a part of one, according to the quantity of fish, and half a teaspoonful of corn starch. Mix these together and make into rolls, which roll in beaten egg and bread crumbs. Heat them on a

well-buttered griddle, or fry them in hot drippings. Garnish with parsley.

BREAKFAST PUFFS.

(See Breakfast No. 28.)

SAUSAGE.

When made of harmless ingredients, those who have unimpaired digestion may occasionally indulge in sausage; but as a frequent dish it is not to be recommended. To those who value their health, yet sometimes tolerate high relish, I would suggest sausage made at home under your own supervision; for there are as many good reasons for home-made sausage as for home-made bread. If you buy your sausage, you know not what you eat. Perhaps tainted pork, so highly seasoned that you cannot tell of what kind of abomination they are made. Your organ of taste must be unusually chemical if it can discover "the hidden secret" in this highly seasoned and disguised combination.

Sausages made of veal, beef, or lamb, are much more wholesome than made of pork. Sausage-meat can easily be prepared by housekeepers, and it is just as satisfactory as when put into skins.

BREAKFAST No. 98.

Oatmeal Mush.

Sausage Cakes. Brown Bread Toast.

Baked Potatoes. Apple Sauce.

Coffee.

SAUSAGE CAKES.

Chop two pounds of lean beef or veal and a quarter of a pound of suet very fine. The common fault is, the meat is not fine enough. If you have not a machine for chopping sausage-meat, you will find it more easily chopped, with an ordinary chopping-knife, when the meat is a little frozen. When chopped, season with pepper, salt, and sage, to your taste. You can make it in small quantities and often, or in larger, and pack in a stone jar. When wanted for use, form into little flat round cakes, and bake in the oven on a tin, or heat in the spider the same as mince. The last method is usually satisfactory, and is quite as nice as when enclosed in a skin like commercial sausage; besides, you have the satisfaction of knowing what you eat.

BREAKFAST No. 99.

Cracked Wheat.

Beefsteak Sausage. Yeast Muffins.

Baked Potatoes. Apple Sauce.

Coffee.

This breakfast is nice enough for most palates, and when beautifully cooked, will disappear phantom-like.

BEEFSTEAK SAUSAGE.

Have beefsteak cut thin, very thin. Mix together one teaspoonful of fine sage, one teaspoonful of salt, and a saltspoonful of pepper. Sprinkle this seasoning over both sides of the steak to your taste. Trim off the fat, and scatter a few pieces, shaved thin on the inside. Now roll the steaks very tight and tie them at each end and in the middle. Lay them on a trivet or stand fitted into a baking-pan. Have a hot oven, that the surface may soon sear and securely hold the juices. Bake twenty minutes. Remove the strings when served.

SECTION XII.

FRUIT CAKE BREAKFASTS.

XII.

FRUIT CAKE.

A FEW dainty and delicious fruit-cake breakfasts are suggested for those who cannot relish hearty food for a summer breakfast.

BREAKFAST No. 100.

Whole Wheat and Milk.

Apple Cake. Cafe au Lait.

Ripe Fruit.

APPLE CAKE.

Three cupfuls of flour.
One teaspoonful of soda.
One teaspoonful of salt.
One cupful of nice Indian meal.
Half a cupful of creamed butter.
A teacupful of sugar.
Two eggs.
Two cupfuls of nicely soured milk.
Two and a half cupfuls of finely chopped apples.

Mix salt and soda with the flour, per rule, in which make a hollow. Just moisten the Indian meal with boiling water. Beat butter and sugar together; beat yolks of eggs to a froth; beat whites of eggs till stiff; then beat both together, and with the scalded meal, sugar, and eggs, pour into the hollow. Now pour in the sour milk, and stir the mixture to a batter. Have the apples already chopped, which should be a nice sour, and those that cook quickly. Stir them throughout the batter. Butter sheet or gem pans, and fill two-thirds full. Serve with butter.

Obs. — The Indian meal makes the crust of the cake tender, but flour can be substituted, if preferred.

BREAKFAST No. 101.

Cracked Wheat.

Strawberry Short Cake. Cafe au Lait.

Ripe Fruit.

This is a delicious, delicate, and cooling summer breakfast. For directions, see strawberry short cake, in Breakfast No. 45.

CAFE AU LAIT.

(See Breakfast No. 37.)

BREAKFAST No. 102.

Cracked Wheat.

Cherry Short Cake. Cocoa au Lait.

Ripe Fruit.

CHERRY SHORT CAKE.

This delicious cake, when made in perfection, can hardly be surpassed, and meets with an especially warm reception among the juveniles, who always make a triumph over early rising when this cake is served for breakfast. To begin with, you must not use an acid cherry, however ripe. Only very sweet and very ripe ones will answer for this cake. These too, must be of the very best quality. Make a short cake as for strawberry short cake in Breakfast No. 45. When the cake is baked, split and butter the inside of each half. Have the cherries stoned. Add them thickly and liberally to one half of the cake, sweeten to taste, and lay the other half on the top of the cherries. If you have two or more cakes, do not pile one on the other. Keep them separate, or they will be soggy. They look nicer when baked in Washington-pie plates, and cut pie fashion when served.

BREAKFAST No. 103.

Crushed Wheat.

Peach Short Cake. Cafe au Lait.

Ripe Fruit.

PEACH SHORT CAKE.

This luscious cake makes a delicate and grateful summer breakfast, if the peaches are sound, ripe, and of the finest flavor. Never use an inferior peach for a short cake. Proceed as for strawberry short cake in Breakfast No. 45. Peel, slice thinly, and sugar the peaches to taste.

BREAKFAST No. 104.

Crushed Wheat.

Huckleberry Short Cake. Cafe au Lait.

Ripe Fruit.

See Breakfast No. 10 for huckleberry short cake.

BREAKFAST No. 105.

Hominy and Milk.

Strawberry Muffins. Coffee.

Ripe Fruit.

STRAWBERRY MUFFINS.

Four cupfuls of sifted flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
One teaspoonful of salt.
A heaping tablespoonful of butter.
An even tablespoonful of sugar.
Three eggs.
Two cupfuls of sweet milk.

Add soda, cream-tartar, and salt to flour, per special rule. Cream the butter and beat the sugar to it. Beat the yolks of eggs to a foam. Make a hollow in the middle of flour. Drop the sugar, butter, yolks of eggs, and milk into it. Beat these ingredients to a batter. Lastly, add the whites, beaten to a stiff froth. Bake immediately. When well done, split and butter each half. Fill each muffin liberally with strawberries.

BREAKFAST No. 106.

Cracked Wheat.

Huckleberry Muffins. Cocoa.

Ripe Fruit.

Huckleberry muffins the same as for Breakfast No. 14.

BREAKFAST No. 107.

Cracked Wheat.

Waffles. Strawberries.

Coffee.

WAFFLES.

Four cupfuls of sifted flour.
One teaspoonful of soda.
Two teaspoonfuls of cream-tartar.
One teaspoonful of salt.
A heaping tablespoonful of butter.
Three eggs.
Two liberal cupfuls of sweet milk.

Add soda, cream-tartar, and salt to dry flour. Cream the butter; beat the yolks of eggs; with the milk pour to the flour and mix to a batter. Lastly, stir in the whites of the eggs, beaten to a stiff froth. Butter the waffle-irons and fill three-quarters full. Bake an even brown.

BREAKFAST No. 108.

Cracked Wheat.

Breakfast Buns. Strawberries and Cream.

Coffee.

BREAKFAST BUNS.

Three cupfuls of sweet milk.
One cupful of sugar.
One teaspoonful of salt.
One cake of compressed yeast.
Flour sufficient to make a stiff batter.

Let this rise all night. Early in the morning, soften a generous half cupful of butter to a perfect cream; dissolve half a teaspoonful of soda, and beat both through the batter. Beat two eggs, yolks and whites separately; then to the batter

add enough more flour to make a tender dough. When well kneaded, mould into buns, set them into a buttered biscuit-pan, and rise to a sponge like biscuit. If the sponge was very light, half or three-quarters of an hour in the morning will make them light enough. Serve hot for breakfast. Charmingly nice.

SECTION XIII.

ANCESTRAL BREAKFASTS.

XIII.

ANCESTRAL BREAKFASTS.

MANY old fashioned dishes, hygienic and palatable, are now contemptuously looked at and neglected. It is to be regretted that the simplicity of food is getting unfashionable. Progress has taught us many new ideas about food, yet the devotion to many ancestral dishes is recommended as advantageous. These few resurrected ones are sterling, and by the sanction of them to our children, the vigor of our race can measurably be kept.

BREAKFAST No. 109.

Pan-dowdy and Cream.

Boiled Eggs. **Fried Scrapple.**

Coffee.

PAN-DOWDY.

This is a homely, yet hearty and palatable breakfast dish. Pare and quarter enough sour and juicy apples to nearly fill a deep earthen baking-

dish, add to the apples half a cup of hot water and nearly a cup of molasses. Make a crust as for strawberry short cake in Breakfast No. 45. Roll it out an inch thick and fit closely over the apples. Bake in a moderate oven as long as the crust will allow. When done, while warm, break the crust in pieces, which mix through the apple. For breakfast this must be baked the day previous. Serve with cream or milk. Delicious.

SCRAPPLE.

'Tis said this sterling dish came to America in the Mayflower, and for aught that is known might have been produced by Mrs. Eve. It is convenient, palatable and nourishing; combining beef, beef tea and hasty pudding.

Select such a piece of beef as you would for soups; when boiled tender, remove the meat, put the liquor into an earthen vessel to let the fat rise and cool. Cut the meat from the bones, mince it fine and put it into the kettle with the liquor and a little of the cooled fat that was on the top of liquor. Add pepper and salt at discretion. When it boils, thicken with Indian meal as for hasty pudding. Simmer till thoroughly done. Be careful not to scorch it. When done, mould in brick loaf pans. When hardened, cut in slices nearly an inch thick

and brown on griddle greased with some of the fat from the top of liquor. This can be kept on hand three or four days in cold weather. A nice dish for hearty boys and girls or any one else.

BREAKFAST No. 110.

Stewed Beans.

Johnny Cake. Baked Sweet Apples.

Coffee.

Beans are the richest of all vegetables in nourishing matter, except oats and cabbage. With a little fat and meat a high strengthening compound is obtained. "The founders of New England ate bean porridge morning, noon and night, thanking their Heavenly Father for it each time." Physiologists consider it excellent food for those who have to make great use of their muscle, therefore it was well adapted to their circumstances. There is yet a great demand for force and muscular strength, and those who are wise will perpetuate the muscle making "bean porridge" or stewed beans. With an Indian cake it furnishes a very acceptable and nourishing breakfast.

STEWED BEANS.

The round or pea bean is the best and most delicate. Pick and wash a pint, or the quantity needed, of dried beans. Put them into a kettle with cold water. When they have stewed an hour, drain off this water and add fresh boiling water. Set them where they will simmer, adding more hot water when needed. Cook them indefinitely, till thoroughly done; otherwise they are indigestible and unwholesome like other underdone vegetables. When nearly done, add a few pieces of uncooked steak, roast beef or lamb, cut in squares about an inch in size, or a little beef gravy if you chance to have it, or a piece of butter. Add sugar and salt to your taste. Stewed beans should have plenty of juice and not dry like baked beans. In cold weather enough can be cooked to last two or three days, and the required complement for each meal reheated.

JOHNNY CAKE.

This cake was originally baked in front of an open fire on the hearth of an old-fashioned fireplace. Fireplaces are now superceded by ranges and stoves, consequently, our Johnny cake has to be baked on the griddle or in the oven, and is not

quite like its predecessors in flavor, yet it is a descendant. To make this cake, take

Two cupfuls of Indian meal.
A heaping teaspoonful of sugar.
A saltspoonful of salt.

Pour to these enough scalding water or scalded sweet milk to make a mixture thick enough to retain its form when moulded in the hand. Let this stand half an hour or more. Grease griddle with butter. Fit a cake half an inch thick to it. Smooth its surface. When nicely browned turn, but just before turning, place a bit of butter on the cake to keep it from scorching after turned. The heat must be moderate. When both sides are nicely browned, it can be transferred to a pan and a hot oven to finish its crispness, or it can be baked entirely in the oven. These are a delicious corn cake, when baked long enough to give them the desired crispy sweetness, and are irresistible to the lovers of crust, and crisp Indian cake. Serve hot.

BREAKFAST No. 111.

Stewed Peas.

Mutton Chops. Corn Meal Griddles.

Coffee.

STEWED PEAS.

In nourishment, peas are of about the same value as beans. They are not quite as rich in albumen, but contain more starch. Stewed peas, when well cooked, is a dish of great nourishing excellence. The natural flavor of peas is delicious, and to many more palatable than beans. They should be cooked slowly in a plenty of water till done. When nearly done, add a few pieces of roast beef or mutton bones to flavor them. They should be cooked previously, and reheated for breakfast.

CORN MEAL GRIDDLES.

One pint of Indian meal.
A heaping teaspoonful of butter.
A pinch of salt.
A teaspoonful of sugar.

Pour boiling water slowly upon this mixture, stirring till all is moistened, when leave it to swell half an hour. When cool enough, break into it three unbeaten eggs, adding two tablespoonfuls of cold milk. Beat these well into the dough. Test the batter on the griddle, and add a little cold milk from time to time, till the batter is the right thickness to bake and turn conveniently. Bake both sides a nice brown. Serve hot, and well buttered. Griddle cakes are descendants of the ancestral flapjacks.

BREAKFAST No. 112.

Beefsteak à la Frying Pan.

Fried Hasty Pudding Balls. Baked Sweet Apples.

Café au Lait.

BEEFSTEAK À LA FRYING PAN.

See Breakfast No. 9. Make a gravy by pouring half a cup of hot water to the pan in which the steak was cooked, and adding a thickening made of half a teaspoonful of flour and a tablespoonful of butter. Let these come to a boil, which pour over the steak and serve.

FRIED HASTY PUDDING BALLS.

Make your hasty pudding per rule in Breakfast No. 4. When cooked, and while hot, stir one heaping teaspoonful of butter into four cupfuls of hasty pudding. Stir one well-beaten egg into the mixture, when cool enough not to curdle the egg. When nicely mixed, make into balls about two and a half inches in circumference, by rolling them in flour on the moulding board. Fry them in hot drippings like doughnuts. Serve hot.

BREAKFAST No. 113.

Indian Suet Cake.

Baked Apple Sauce. Coffee.

Hot beef suet in some form was once a favorite remedy for consumption. For wasting diseases it was prescribed as we now prescribe cod liver oil. Suet cake was an excellent conveyance for getting this fat into the system, when in need of this element. When the thermometer readings are low, then is the time to venture a delicious suet cake.

INDIAN SUET CAKE.

Two cupfuls of Indian meal.
One cupful of flour.
One teaspoonful of soda.
One teaspoonful of salt.
Three eggs.
Half a cupful of sugar.
Two cupfuls of rich sour milk.
One cupful of finely chopped suet.

Add salt and soda to the dry meal and flour. Beat the sugar and yolks of eggs together. Add these with the milk to the meal and stir to a batter. Stir in the suet, and lastly the whites of eggs beaten till stiff. Bake in well buttered Washington pie plates or shallow cake pans. When baked, draw a sharp knife through the upper crust only, in the shape you like. Serve hot. This mixture can be baked in muffin or gem pans.

BAKED APPLE SAUCE.

(See Breakfast No. 2.)

BREAKFAST No. 114.

Minced Calf's Head and Pluck.

Rye Muffins. **Coffee.**

MINCED CALF'S HEAD AND PLUCK.

What remains from dinner makes a nice mince for breakfast. Chop together the different parts, and heat in just enough of the liquor to moisten. Add salt and pepper to taste. Serve hot.

BREAKFAST No. 115.

Rye Pancakes.

Baked Apples. **Café au Lait.**

RYE PANCAKES.

One pint of rich sour milk,
Or buttermilk.
Three eggs.
One teaspoonful of soda.
One teaspoonful of salt.
Two tablespoonfuls of molasses.

Dissolve the soda in a little warm water and stir into the milk. Thoroughly beat the eggs which add to the milk. Stir into the mixture rye meal enough to make a thick batter. In order that these famous pancakes be successfully made they must be thick enough to drop from the spoon, otherwise they will soak fat. They will be nearly round and not rough with irregular points if rightly thickened. Too many must not be put into the kettle at a time, as they rise a great deal and besides are in danger of cooling the temperature of the fat too much.

Have ready a Scotch kettle of hot drippings. Dip your spoon into it each time you dip it into the batter, that it may slip quickly from the spoon. When the pancakes look done, try one with a knitting needle. If it comes out smoothly, they are done and should be taken out with a skimmer. They should be a nice brown outside, light and well done inside. Graham flour may be substituted for rye if preferred.

RYE PANCAKES

Are a breakfast of "ye olden times," and when in perfection are a satisfying winter breakfast. They are a breakfast of themselves, most people not requiring an accompaniment. Their satisfying virtues are still kept in mind by many families.

Should this fare prove insufficient at any time, our popular modern preludes, oatmeal or cracked wheat can be introduced.

BREAKFAST No. 116.

[An Ancestral Thanksgiving Breakfast.]

Chicken Pie.

Baked Potatoes. Coffee.

Baked Sweet Apples.

This popular and dainty ancestral thanksgiving breakfast still holds its place in many families. Its accompaniments are few, as it is a breakfast itself.

CHICKEN PIE.

For a pie boil the chickens in water enough to barely cover them. Skim them. When tender or done take them out into a platter and carve them the same as if to be served on the table. Remove the skin if very thick. Have ready a deep baking dish, lined with a thick paste. Have the dish proportioned to the quantity of chicken you wish to use. Arrange the chicken so that the same kind of pieces may not come out together, when served.

Sprinkle each layer with a little flour and salt. Fill the dish nearly full with the liquor in which the chickens were boiled, but not so full as to be in danger of boiling over. Cover with an upper paste and close the edges very carefully. Bake nearly an hour, or till the crust is handsomely done. The crust for chicken pie should be twice as thick as for fruit pies. Use butter in the liquor if you prefer it.

PASTE FOR CHICKEN PIE.

One quart of flour.
One teaspoonful of salt.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
One pint of sweet milk.
One cupful of butter.

Mix these ingredients the same as for short cake, avoiding too much flour. This makes a nice and tender paste.

BREAKFAST No. 117.

[Another traditional Thanksgiving Breakfast.]

Fricassee Chicken.

A Short Cake. Baked Potatoes.

Cranberry Sauce. Coffee.

Ripe Fruit.

FRICASSEE CHICKEN.

(See Breakfast No. 47.)

SHORT CAKE.

One quart of sifted flour.
Two teaspoonfuls of cream-tartar.
One teaspoonful of soda.
One teaspoonful of salt.
Three-quarters of a cupful of solid butter.
One pint of sweet milk.

Mix cream-tartar, soda and salt with the flour. Rub the butter into this mixture till the whole is like meal. When well mixed, add the milk. Stir till light and even. The quicker you work now the better. Have your board well sprinkled with flour and instantly bring the dough together.

Divide this into so many parts as will be needed to fit your sheet pans when rolled half an inch thick. When evenly fitted to the pans, incise each cake with squares. Bake a nice brown. Break the cake in the incisions and serve hot.

BREAKFAST No. 118.

Milk Toast.

Honey. Café au Lait.

Ripe Fruit.

HONEY.

"My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste." — *Bible.*

"Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith and vomit it." — *Bible Hygiene.*

"It is not good to eat *too much* honey." — *Bible Hygiene.*

Honey is a vegetable product. Pure and fresh honey, when eaten in moderate quantities, is wholesome. The comb is not easily digested. Old honey should be eschewed. — *Modern Hygiene.*

BREAKFAST No. 119.

[A Modern Thanksgiving Breakfast.]

Chicken Pie.

Baked Potatoes. Warm Biscuit.

Apple Sauce. Coffee.

CHICKEN PIE.

Cook the chicken as for the ancestral chicken pie. When done, remove all the meat from the bones and flake it. Do not have it like mince, but in long, thin and manifest pieces. Line a large, deep soup plate with a thick paste, made per ancestral chicken pie rule. Fill the plate with chicken, sprinkle a little flour through it, adding butter, salt and some of the liquor in which it was boiled. Cover with a thick paste and bake a nice brown. Be sure you brown the under crust. Serve with a gravy made from the liquor in which the chickens were boiled.

SECTION XIV.

SUNDAY BREAKFASTS.

XIV.

SUNDAY BREAKFASTS.

In this nineteenth century Sabbath, the clergy, teachers, also hearers, make heavy drafts on their brains, and keep the Sabbath at a high pressure. Unless their Sunday diet is nourishing and adapted to their individual wants, they fail to sustain the great Sabbath work which is before them. Religion and Hygiene demand quietness and freedom from care on this day, therefore we should make all the necessary preparations on Saturday for Sunday's diet that can be made, keeping no one from church or depriving them from reasonable rest, — yet that the pressing necessities of a modern Sabbath justify an easy, reasonable, nourishing, and warm breakfast, who can disallow?

SUNDAY BREAKFAST No. 1.

Cracked Wheat.

Beefsteak. Baked Potatoes.

Biscuit (*light as a foam*). Coffee.

Ripe Fruit.

This nourishing and easily digested breakfast is often absolutely indispensable for clergymen, vocalists, and teachers. Many think it a task to broil a steak on Sunday morning, yet it does not appropriate any more time than many warmed over breakfasts. The cracked wheat and biscuit can be cooked on Saturday. If the biscuit are very light, ethereal, they are as nice, some say nicer, when re-heated, than new ones.

SUNDAY BREAKFAST No. 2.

Cracked Wheat.

Minced Fish and Potatoes. Brown Bread Toast.

Sweet Pickles. Coffee.

Ripe Fruit.

MINCED FISH AND POTATOES.

Minced fish and potatoes, accompanied with nice brown bread toast, is an easy and palatable break-

fast. Many housekeepers institute it for Sunday's breakfast, as it can be prepared on Saturday, and heated on Sunday morning. For directions, see Breakfast No. 78.

BROWN BREAD TOAST.

Instead of rye mix Graham meal with Indian for brown bread. It is thought quite like Boston brown bread, and makes superior toast. For brown bread toast, see Breakfast No. 80.

SUNDAY BREAKFAST No. 3.

Oatmeal Mush.

Fish Balls. **Brown Bread.**

Coffee. **Ripe Fruit,**

FISH BALLS.

These are a convenience for Sunday breakfasts and usually meet with appreciation. They can be prepared on Saturday and heated on Sunday morning, and with oatmeal for a prelude, make a very substantial breakfast for those who require one.

BROWN BREAD.

For Sunday's breakfast, use your own favorite brown bread, or brown bread toast.

SUNDAY BREAKFAST No. 4.

Cracked Wheat.

Boiled Eggs. Buttered Toast.

Coffee. Ripe Fruit.

This is a convenient and nourishing breakfast, and can be accomplished in very little time.

SUNDAY BREAKFAST No. 5.

Cracked Wheat, *with* Cream and Sugar.

Cocoa or Café au Lait.

This is a valuable and delicious breakfast, relished by many every morning. For delicate persons, cream is of especial value and is often digested more readily than milk. A dressing of cream and sugar add both to the flavor and nutritive qualities of cracked wheat.

BAKED PORK AND BEANS.

'Tis said that a distinguished American clergyman declined preaching to roast beef and plum pudding on Sunday afternoons, — which strongly suggests a dull and stupid audience, — and under the influence of such an indigestible mixture, unappreciated sermons. Might not the clergy as reasonably decline preaching to baked pork and beans on Sunday forenoons, for it is allowed that pork is the most indigestible of all meats, besides being unscriptural? Just enough of easily digested food leaves all the faculties clear and energetic, therefore may we not conclude that our conceptions are more or less influenced on the Sabbath by this indigestible breakfast? Do not lessons from experience prove that an easy, nourishing, and readily digested breakfast is the right one for Sunday?

SUNDAY BREAKFAST No. 6.

Cracked Wheat.

Baked Beef and Beans. Brown Bread.

Coffee. Ripe Fruit.

CRACKED WHEAT.

The reason for introducing cracked wheat as a prelude to the "irresistible" baked beans, is to prevent their excessive use on Sunday morning. A hearty breakfast of baked beans produces drowsiness with many. Physiologically, beans are not brain-inspiring, but excellent for those workers who make great use of their muscles, while no article is equal to wheat cereals for the nourishment of the brain. Why not institute a dish of cracked wheat for Sunday's breakfast, preparatory to beans? With a dressing of sugar, cream, or milk, it is charming. It can be steamed on Saturday, and reheated on Sunday morning.

BAKED BEEF AND BEANS.

I am well aware that the devotees of baked pork and beans may feel a personal injury at the innovation made on their time-honored Sunday breakfast. I confess there is not a more convenient dish for Sunday's breakfast than baked pork and

beans; for they can be cooked on Saturday and reheated on Sunday morning. Notwithstanding this, the unwholesomeness of pork should be a sufficient excuse for substituting another companion. Baked beef and beans are just as convenient for Sunday's breakfast, and many think quite as savory.

Instead of pork, select the same quantity of fresh beef, not deficient in fat, — more or less, as you prefer. You will have to learn from experience the quantity of beef that will render it most palatable. Prepare the same as pork and beans, not omitting the preservative element, salt. Try this.

When corned beef is sweet and nice, some think it preferable to fresh beef; but you incur a risk by using it, as sometimes it is kept too long before corned, and imparts an objectionable flavor to beans.

BROWN BREAD.

This accompaniment to baked beans is made absolutely necessary by the law of the palate.

Two cupfuls of Indian meal.
Two cupfuls of Graham meal.
One teaspoonful of soda.
One teaspoonful of salt.
Half a cupful of molasses.
Half a cake of compressed yeast.

Do not scald Indian meal if sweet and fresh. It will be lighter if not scalded. Thoroughly mingle the salt, soda, and dry meal. Pour the molasses into the middle of the meal. Mix with warm water to a smooth batter about as thick as Johnny cake. In the summer this should not be made over night, as it rises quicker than other bread. For Sunday morning, it can be raised Saturday forenoon and steamed in the afternoon. When sufficiently light, put the mixture into a well-greased bread boiler. Do not quite fill it, but leave room for the meal to swell. Cover both boiler and steamer and boil steadily for four and a half hours. At the end of this time, take the boiler out of steamer, remove the lid, and set in a hot oven for half an hour, to dry off, and form a tender crust. To be nice it must be hot, and should be reheated on Sunday morning.

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